



Changemaking From Home

Activity guide for leading young
from your kitchen table



No matter where you are on your
changemaking journey, everyone can
be driving solutions to solve today's
most pressing challenges.



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Everyone A Changemaker™

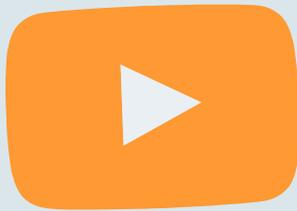


A Global Movement

Ashoka is leading the Everyone a Changemaker Movement. **You** are invited to join us!

What is a changemaker?

Anyone who takes action to address a problem or create an opportunity, activate others, and work towards solutions for the good of all.



Check out this video to learn about the Everyone a Changemaker Movement!

Why be a changemaker?

Our world is rapidly changing – and we all experience this change every day. The unprecedented moment we are living in challenges us to rethink how we are contributing towards a happier, healthier, and more equitable world. Instead of being driven by change, we must all adapt to and drive change.

Sometimes when we spot a problem, we immediately think “someone else will fix 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. You have a voice, and a choice. to step up and lead.

Give yourself permission to embrace your inner power!

Before Getting Started: Five Questions to Ask Yourself



1

What gives you hope?

In a time of challenge, start with what motivates you about today's world. What inspires you to take action?

2

Who inspires you?

We all need role models to look up to. Who in your life inspires you to create positive change?

3

What opportunities already exist?

Think about what resources you have: time, talent, a social network, etc.

Who can support you?

No matter what you want to do to create change, it is important to have allies.

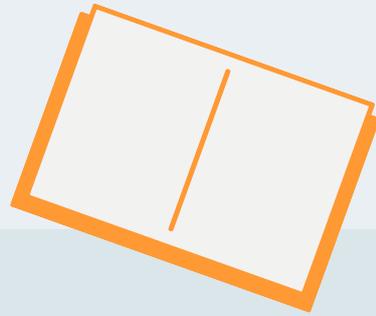
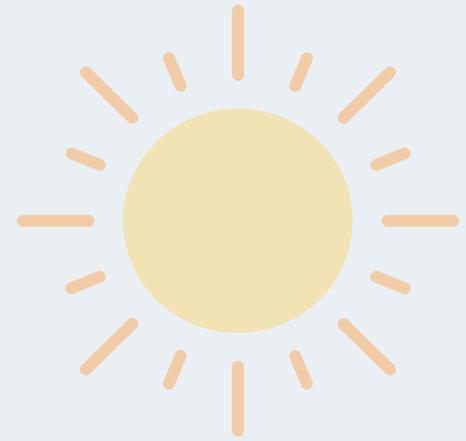
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What is stopping you?

The best time to be a changemaker is right now. Why wait?

5

Examples of Changemakers



Read about 8 young people who are leading us forward during a time of crisis.



Get inspired by Carlla, a young changemaker from Brazil

Hint: Press "CC" for English Subtitles

Receive regular updates from young changemakers in Ashoka's network



Immediate Actions

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Ideas for creating positive change in your community this week.

1

Delivery groceries for a neighbor

Run an errand for an elderly or higher-risk neighbor so they don't need to leave their home. Help someone sign-up for grocery deliveries or order take-out.

2

Tutor peers or younger students

Help your peers or younger students adjust to distance learning. Offer virtual tutoring sessions or homework help for students at your school.

3

Donate blood

Due to global blood shortages and cancelled blood drives, your community may be in need of donations. Check with your local donation center to sign up.

4

Support local businesses

Order food for yourself or a friend, buy a gift card, tip your service workers extra, or offer your services or social feed to a local business to help promote their products online.

5

Thank our healthcare workers

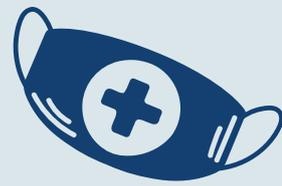
Donate food, sew masks, promote local fundraisers, and #StayAtHome if you can. Small acts of kindness for your cousin, neighbor, or friend who works in healthcare can go a long way.

6

Connect across generations

Reach out to your elderly neighbor or retirement center to "adopt a grandparent." Build social connectivity during a time of physical isolation.

Tips & Tricks



Find inspiration from others

Stories can help inspire us to take action while providing helpful how-to's and lessons learned. There are lots of ways young people get started on their unique changemaking journeys - read and watch stories of changemakers here for more.

Do your research on the problem



Ask questions. Dive deep into the root causes of the problem. What systems are broken as a result of this change? What inequalities exist today because of this problem?

Ask your friends to get involved

Building a team around a shared cause. Invite others to join you, contribute new ideas, and create change, together. No one can change the world alone.

Embrace your inner power

Everyone has the power to create positive change, no matter how big or small. Start off small, try something out, and reiterate. You will never know unless you try.

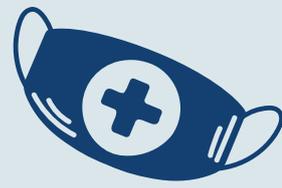
Create positive news

Write about another changemaker's journey for inspiration. How did they get started? Who supported them? Check out our toolkit for writing a changemaker story.



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Tips & Tricks



Share your story

What has your journey to changemaking been like? Share your story to inspire others. Tag @Ashoka and use **#ChangemakingFromHome** so we can follow your journey!



Changemaking isn't easy. Find adults who will encourage you to create, reiterate, and fail forward. When adults enable young people to be changemakers, they become a changemaker, too.

Find adult allies

Start with your passion

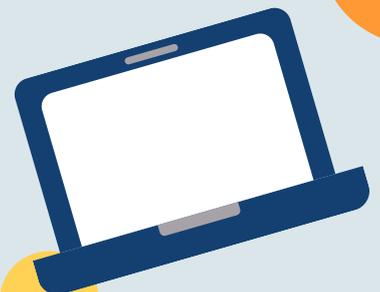
What are you passionate about? What social issue fires you up? There are lots of challenges in today's world, but start with the solution that you are most interested in pursuing.

Give yourself permission

Failure is a vital part of the process. Give yourself permission to fail and try again. Surround yourself with people who will give you the confidence boost you need to keep pushing forward.

Looking for more tips?

Check out this **Changemaker Toolkit** for more reflection questions and ideas for getting started.



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Take a Bigger Step

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Ideas for taking your changemaker journey to the next level.

1

Embrace your social channels

- Make videos about why it is important to be staying at home or tips on how to stay healthy and positive.
- Fight the spread of misinformation by sharing facts and tips for spotting fake news.
- Spread positive content with stories of changemakers who are offering us hope and solutions.

2

Create a changemaking routine

- Set up a regular tutoring time every weekend. Inform students at your school to sign up for tutoring slots. Encourage three friends to do the same.
- Volunteer 5 hours a week with a local nonprofit to help with food drives, call centers, social media, virtual workshops, or other skills you have on a weekly basis.
- Set up a local delivery system with your friends to regularly provide groceries or meals to those in need.

3

Build virtual solidarity

- Host a webinar on a specific social issue or subject matter that interests you.
- Set up a Facebook Live conversation with changemakers in your area to source more ideas for creating change.
- Set up book or podcast clubs to read, learn, and share together. Coordinate a group to read books to young kids or invite elderly community members to join in, too.



Global Challenges to Consider

Click the icons for videos and articles about each of these global challenges to learn more.

Misinformation



Anxiety is both naturally and viral. We all come across bad information online, but we might not recognize it.

Mental Health



A pandemic can take a huge toll on our emotional and mental wellbeing. Read more here with four things you can do.

Resource Scarcity



Food insecurity isn't a new problem, but exacerbated by the pandemic. What does food and supply shortages mean globally?

Social Isolation



Stay at Home orders lead to social isolation and uncertainty. What does a former astronaut have to say about isolation?

Education



Digital learning is hard for students, educators, and parents. Unequal access to resources and extra help will increase educational disparities between students across the world. Where are schools open and where are they closed? How many students are affected right now?



Local Solutions to Try

Click the boxes for inspiration from global changemakers on how to address these global challenges locally and at home!

Misinformation



Exercise skepticism. Fact check. Read deeper. Look for solutions.

Check out these trends from **three young changemakers** for solutions to social change.

Resource Scarcity



Share food. Support local. Don't panic buy. Help a neighbor. Give when you can.

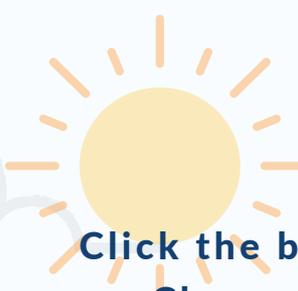
Learn how **Changemaker Sanjana** is distributing hundreds of thousands of sanitary products in India.

Mental Health



Share stories of hope. Mediate. Take time for yourself. Do what you love.

Listen to the words of **Changemaker Jane Goodall** on how to start small, change minds, and stay hopeful.



Local Solutions to Try

Click the boxes for more ideas from Ashoka Fellows and Young Changemakers on how to address these global challenges locally and at home!

Social Isolation



Get moving. Volunteer safely. Stay in touch. Call a friend. Adopt a pet. Bring changemakers together.

Read about how **Changemaker Eduardo** is promoting intergenerational living in Spain.

Education



Take learning online. Help others adjust to digital classes. Share your skills and learn new ones remotely.

Read about two sisters **Changemakers Mena and Zena** who are normalizing and uplifting stories of Muslim women.

In an Everyone a Changemaker world, solutions outpace problems.
Read more solutions here.

Jump Right In

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Big leaps you can take by having a dream, forming a team, and creating a solution for the good of all.

1

Create a help center for senior citizens

Map your community and set up a local system to help others with shopping, sharing wellbeing resources, picking up medicine, taking care of pets, and offering virtual human connection.

2

Map local innovations and responses

Track solutions in your community. Get your friends to spread this knowledge while generating more ideas, strengthening current innovations, and identifying people in need. Promote your work on social media using #ChangemakingFromHome.

3

Support local businesses and nonprofits

Reach out to local organizations and family-owned businesses. Ask what they need and how you can help long-term. Ask your relatives or friends what skills they can offer so it's a team effort.

4

Shift the narrative

Create and share stories of hope from changemakers taking action. Fight misinformation with reason and empathy. Find and share resources about digital learning and mental health. Activate your peers to step up and be a part of the solution through storytelling.





"They say that change is the only constant, but I think now this world is in constant need of changemakers."

GARVITA G.

ASHOKA YOUNG CHANGEMAKER



Ashoka Resource List



Read stories of changemakers taking action:

- Ashoka's Medium Channel
- Ashoka's Forbes Channel
- Changemaker Stories and Videos

Toolkits for Young Changemakers:

- Changemaker Journey
- Changemaker Storytelling Guide
- Toolkit for Sharing Stories of Changemakers



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