

Teaspoons of Change Action Worksheets



Table 1 → Cut up, shuffle and put actions back into the order of Individual to Global, Teaspoons of Change

	Individual Teaspoons of Change	Family Teaspoons of Change	Community Teaspoons of Change	Global Teaspoons of Change
Learn	Find sources of good information and inspiration on being a Global Citizen	Watch, read and learn about world news as a family	Join Facebook pages, twitter, email lists etc. to connect with orgs and people doing good things	Read, learn, support and create global campaigns with research and data
Talk	Participate in conversations about extreme poverty and global issues	Start or lead conversations about extreme poverty and global issues	Run an event or create a group that discusses global issues and solutions	Find/create national and international forums to speak on extreme poverty and global issues
Volunteer	Think about the benefits of volunteering then filter, select and contact possible opportunities	Volunteer and encourage others to join you	Know and support opportunities to volunteer with local organisation	Volunteer locally/globally, share experiences and encourage others how to be effective volunteers
Buy	Know and buy ethical products when possible	Consume ethical products as a family, school, business, community, etc.	Promote ethical goods with local stores and the community	Encourage producing, stocking and buying ethical goods to big business & government
Shout	Sign petitions and join campaigns about global issues when asked	Write a letter to your representative about a global issue	Attend an event or meet with your representative about global issues	Create campaigns and encourage others to be the solution for global issues!

Table 2 → Fill with your own personal Teaspoons of Change from First Step to Champion for Change



	First Step / Action	Make A Difference	Community Change-Maker	Champion for Change
Learn				
Talk				
Volunteer				
Buy				
Shout				

Table 3 → Fill as group/class/school/community Teaspoons of Change working towards Champions for Change!!!



	First Step / Action	Make A Difference	Community Change-Maker	Champion for Change
Learn	• • • •	• • • •	• • • •	• • • •
Talk	• • • •	• • • •	• • • •	• • • •
Volunteer	• • • •	• • • •	• • • •	• • • •
Buy	• • • •	• • • •	• • • •	• • • •
Shout	• • • •	• • • •	• • • •	• • • •



Teaspoons of Change - The Teaspoons!



This is a list of 50 small and important Teaspoons of Change you can do every day on a personal level:

1. Walk - good for mind, body, soul, spirit and the environment
2. Ride your bike
3. Use public transport
4. Avoid flying as much as possible
5. Never buy bottled water - boil, filter, chlorine, rainwater, do what you can!
6. Shop, eat and drink locally - the money will circulate back into your community
7. Buy local and in-season food
8. Fill your teaspoons with vegetables...
9. Reduce meat consumption or no meat, and lessen dairy intake as well
10. Don't eat or drink at big corporate chain stores - McDonalds, Starbucks, etc. they put profits ahead of people
11. Buy organic, and when possible, Fairtrade
12. Don't waste food
13. Grow at least some of your own food and have a relationship with it
14. Beware of foods that use a lot of energy and water to produce - cheese, meat, etc
15. Be conscious of packaging - the less the better, none is best
16. Take your own container and cutlery instead of using disposable take-away ones
17. Take your own grocery bags when shopping, if offered plastic bags politely refuse
18. Stop buying 'stuff' - do you need it? or just want it?
19. Try buy nothing new week/month - instead repair, be happy with less, do without
20. Buy second-hand whenever possible when you do need to buy
21. Be a conscious consumer - if something is cheap it is likely to be hurting people or planet in some way
22. Clear out clutter from your home and donate what you no longer need or use
23. Don't waste anything, use that last skerrick of toothpaste before disposal!
24. Many R's: Reduce, Reuse, Recycle, + Rethink, Refuse, Reconsider, Replace, Rent, Re-evaluate, Recalculate, Repair, Reconstitute, Revive, Renounce...
25. Know your rubbish - know what is recyclable and specifically when, where and how it is recycled - it makes a huge difference
26. Look after things so they last longer
27. Switch off appliances at the socket
28. 10 litres of water are required to make 1 sheet paper, don't print unless you must
29. If using paper use both sides of a piece of paper
30. Take Teaspoons of Change showers - get wet, soap up and wash, and rinse. Works with bucket or shower!
31. Pee in the shower and save water!
32. Turn off the Air Con, especially for sleeping - open a window, use a fan
33. Use LED lights, and powered by solar if possible
34. Solar - anything! Personal uses of solar technology - radio, charger, lights, etc.
35. Rechargeable - anything! Especially batteries, don't buy or use one-use batteries
36. Electronics - have your hobby but one camera and one gimmick can be enough. We add harm when we get sucked into new, better, flashier, faster, lighter etc.
37. Cold water - washing hands, clothes, shower (do it!), dishes. The only need for hot water is cooking and a shower (if you're not strong enough for cold showers!)
38. Hot water - use less, it is a double save on water and energy!
39. Volunteer at school and/or your community, ensure it is effective and fun!
40. Do 10 push-ups - feel good, be stronger mentally and physically or to keep warm
41. Keep yourself healthy so less visits to the doctor and that is better for all!
42. Don't accept advertisements being handed out on the street & stop this practice
43. Less is best! Less water, energy, waste, carbon etc. Or use renewable sources: rain water capture/solar etc.
44. Collect moments not things - you'll be rich in experiences and stories for life
45. Instead of buying gifts, give your time as a present
46. Share everything! Food, money, things, anything! You'll find it helps you too!
47. The free things in life are usually the best - people, conversations, learning, reading, writing, walking, cycling, running, thinking, creating, sunsets, sunrises, forests, art, gardens, meditation, helping others or writing nice things about others
48. Use your voice with your leaders - locally, domestically and internationally and get to know your member of parliament or government representative
49. Get a perspective on how 1 billion people live and Live Below the Line, on \$2 a day for food and drink, for 5 days
50. Speak to friends, family, people in your community, on FB, etc. about why you make good choices and take action - be a leader, be a role model!

Add your own ... !!! [facebook.com/teaspoonsofchange](https://www.facebook.com/teaspoonsofchange)

Personal choices, decisions and actions that have a positive impact on people & the planet creating positive change!



Actions from Young People for Young People



Examples from young people to contribute Teaspoons of Change to the world...

Advocacy - what is it? It's where you not only care about an issue but you share with others, you become an ambassador, representative or advocate!

- Two easy but effective actions: **1. Know good people doing good things** and **2. Connect them with people who want to do good things!**
- **Write to, phone or meet your representatives** from the government to tell them what you care about and why - this one makes a huge difference!
- **TED talks** - organise a viewing on ending extreme poverty, or even better, **give a TED talk** on ending extreme poverty!
- **Choose one of the Global Goals** (<http://globalgoals.org/>) you are interested in and find one of the targets under that Global Goal (there are 169 in total) then create awareness, a campaign and a call to action to address that particular target and goal!
- **Posters, dramas, dances, flash mobs, theatre, chalking, announcements** etc. create awareness-raising on the global topic and cause you care about
- **Organise a group** of parents, teachers, sports club, religious group, family group, anyone! and share information and inspiration on something you are passionate about. Tell them the facts and figures, tell them why you care and give them a call to action!
- **Join, support or create campaigns** to engage people in your cause - for example: *HeForShe*, Live Below the Line (living on \$2 a day for food for 5 days)
- **Create a club** in your school / community - Clean Water club, Gender Equality club, End Polio club, Global Citizen club, Teaspoons of Change club! etc...
- **Hold a Positive Party!** share stories of success, give calls to action and include quizzes, competitions, raffles, challenges, puzzles, rhymes, etc.!
- **Social Media 4 Social Justice** use social media to share amazing photos, stories, videos, infographics, messages, etc. with your friends, family and others
- **Infographic!** Want to share a lot with a little space? Find and create the best mix of facts, figures, graphs, graphics, quotes to put into one jpeg or GIF
- **Buy Ethical or Fairtrade** you can help end extreme poverty by eating Fairtrade chocolate! (or tea, coffee, anything). Keep the wrapper and when you, or your class, have 10 or so wrappers - put them in an envelope and send them, with a letter, to an unethical company saying you only buy ethical Fairtrade products!
- **Bake for change...** Make yummy food and sell it to raise money for causes. In the process think about how to create awareness as well - \$1.90 cupcakes?
- **Awareness-raising challenge** Organise and do a long walk, a bicycle ride, not talking for two days, walking to get water, paint your pinkie purple, anything that creates interest and gives people an opportunity to understand and connect with a topic you want to highlight. You can maybe do it as a fundraiser too!
- **Give up something** what would you give up to end extreme poverty? Challenge classmates and community to give up something for at least 24 hours which might represent the reality for someone living in extreme poverty – such as no electricity, no phone, no shoes, no hot water, no sugar, no bed, no car...
- **A poverty-fighting Film Festival** showcasing great video clips, short stories and movies on wonderful people doing wonderful things to end extreme poverty
- **Be a Global Citizen Journalist!** Contribute to your school newsletter (or create one), write an article for the local newspaper, blog, open letter, etc.
- **Organise a Hunger Banquet.** Guests all pay the same amount for entry and food and are given a ticket out of a hat. 60% of tickets are a simple meal of rice and water sitting on the ground, 30% a decent meal, fruit juice and sitting on seats, 10% fine dining with unlimited food and drink at a table. See what happens
- **Invite your representatives to come and talk** about what they are doing to help end extreme poverty, who they know, what stories of success they have...
- **Remember follow your interests add it to your Global Citizen passion and it will equal change (gift + passion = change!), and...**

Small Actions X Lots of People = BIG CHANGE!

Teaspoons of Change **Global Goals Bingo!**

- Step 1.** Create *Teaspoons of Change* related to **each** of the 17 Global Goals
- Step 2.** Show **evidence** of the action you have taken
- Step 3.** A teacher or ambassador **verify** the Global Goal you have completed
- Step 4.** **Cross off** the relevant Global Goal and complete all the Global Goals!



THE GLOBAL GOALS
For Sustainable Development

Complete the bingo sheet one each, one per class or as a whole school!

Examples:

Walk, cycle or use public trans.



teaspoons of change



Sign up to He for She campaign



teaspoons of change



*17 Teaspoons
of Change to
complete all the
Global Goals!*



Global Goals Bingo!

1 NO POVERTY 	2 NO HUNGER 	3 GOOD HEALTH 	4 QUALITY EDUCATION 	5 GENDER EQUALITY 	6 CLEAN WATER AND SANITATION
7 RENEWABLE ENERGY 	8 GOOD JOBS AND ECONOMIC GROWTH 	9 INNOVATION AND INFRASTRUCTURE 	10 REDUCED INEQUALITIES 	11 SUSTAINABLE CITIES AND COMMUNITIES 	12 RESPONSIBLE CONSUMPTION
13 CLIMATE ACTION 	14 LIFE BELOW WATER 	15 LIFE ON LAND 	16 PEACE AND JUSTICE 	17 PARTNERSHIPS FOR THE GOALS 	 THE GLOBAL GOALS For Sustainable Development

Cross off each Global Goal as you complete a corresponding *Teaspoons of Change*. Complete all the Global Goals!

