

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 & 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 start selecting and contacting 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	• • • •	• • • •	• • • •	• • • •