



Make Change Skills Builder Start Making Change



You will need: Pencil, paper, colouring pencils/pens. string or wool

Have a think about what can you change in the world? What would you like to see happen in the future? Here's a couple of topics to start thinking about "protect human rights!" Or "stop using plastic bags!"

Below there are six words, read each one and write down the first thing that comes into your mind to make it into a change-making message:

Protect Have you ever seen a painting sculpture or artwork that makes you think about something in the new way?

Stop Using triangle bunting to make your own artwork. Choose one of your change making messages above to create your bunting with pictures and words about your chosen subject.

Save

End For example if you've chosen stop using plastic bags you could draw some plastic bags onto your bunting maybe in the sea or what it does to the animals and how can we help the environment to reduce plastic bags.

Support

Be Once you have finished your bunting hang it up somewhere and take a picture.

Know Myself - Mix It Up!



You will need:

Paper and felt tips

A glass

A selection of drinks - juices, fizzy water, cordials, pop

Slices of fresh fruit (optional)

A selection of herbs, spices, flavourings (optional)

Ice cubes (optional)

A willing volunteer!

You're going to make a drink and place mat that reflects the personality of someone in your house: Ask them the following questions and jot down your answers.

- What do they like and dislike?
- What colours represent them best and why?
- What flavours and characteristics best reflect their personality? Are they sweet, bubbly, sharp, shy, quirky or something else?
- What are their interests?
- What are their dreams for the future?

Using your sheet of paper and felt tips, decorate your place mat to personalise it for your volunteer. Base your decorations on their replies to your questions.

You're now going to make a drink. Have a few practices, mixing flavours and ingredients (using smaller quantities) until you find a combination that suits your volunteer's personality - and tastes good!

Rinse out your glass to try different mixes until you're happy with the final result.

Make a full-sized glass of your drink. Ask your volunteer to taste your drink.

Does it reflect their personality?