

## Band for Change!

Can kids change the world for the better? You bet! Consider a handful of inspiring stories:

☆ After reading an article about police dogs, 10-year-old Stacy started a charity to give every police dog in the country a bulletproof vest. ☆ Every year, as part of their campaign for a cleaner world, 11-year-old Grant and his older brother go at least 100 days without using a car. ☆ A Girl Scout troop in Louisville, Kentucky makes Halloween treat bags for men at a local homeless shelter. ☆ Julie in Pennsylvania shovels snow and donates the proceeds to save the seals. ☆ 11-year-old Aubyn was shocked to learn that many kids in foster care carry their belongings from home to home in garbage bags. So she founded Suitcases for Kids to give every child a suitcase of his or her own.

How would *you* like to change the world? Take ④ steps to find out.

### ① Fill out the “Kids Can” Worksheet

Complete the “Kids Can!” worksheet with a friend, parent or on your own. First, fill in the left-hand column: list all of the communities you belong to. Then fill in the right-hand column: list one thing that needs changing for the better in 3 communities.

### ② Come up with a Slogan

Brainstorm a list of words or slogans that remind you of kids’ determination and power to change things for the better. Here are a few examples: “Kids Can!”, “Generation Yes!”, “The World is in Our Hands!” “Band for Change!”

Write your two favorite slogans here:

### ③ Make a “Band for Change”

Choose one slogan to put on a “band for change”. Here are simple ways to make a bracelet or wrist band: 1) buy lettered beads and string in a local bead store; 2) write your slogan on a thick rubber band with indelible marker; 3) write or embroider your slogan on a strip of cloth; 4) write your slogan in red marker on a white rope sailor’s bracelet.

Wear your band on your wrist, tie it to a backpack, put in your locker or on your desk—any place where you’ll see it often and get inspired!

### ④ Take Action!

Share your “Kids Can!” worksheet with a friend or family member and together decide on 1 step (or 2 steps or 12!) you can take toward a change you want to see in the world.

Kids Can!  
Change the World for the Better

**I Belong to  
Many Communities...**

A planet: \_\_\_\_\_

A country: \_\_\_\_\_

A state: \_\_\_\_\_

A town: \_\_\_\_\_

A neighborhood: \_\_\_\_\_

A street: \_\_\_\_\_

A family/families: \_\_\_\_\_

A school: \_\_\_\_\_

Sports team(s): \_\_\_\_\_

\_\_\_\_\_

Music group(s): \_\_\_\_\_

Clubs/activities: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Place of worship: \_\_\_\_\_

Others: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**If I could change things for  
the better in 3 communities,  
this is what I'd change...**

Community 1

\_\_\_\_\_

This needs changing for the  
better:

Community 2

\_\_\_\_\_

This needs changing for the  
better:

Community 3

\_\_\_\_\_

This needs changing for the  
better:

**Lend a Hand:  
Things Work Better with Others**

“Great discoveries and improvements  
invariably involve the cooperation of many minds.”

-- Alexander Graham Bell,  
inventor of the telephone

Have you ever heard the phrase “Two heads are better than one?” Most worthwhile things get achieved through teamwork. Take sports: Can you imagine a basketball or gymnastics team of one? Take your school: The principal is in charge but relies on the smarts and skills of teachers, counselors, librarians, even lunch servers to help you learn. Take 4 steps to learn about ways you can join with others to make things work better.

**1 Working Together**


Think about a time you joined with other people to get something done. Write a short story or draw a cartoon or picture about this experience. Give it a title.

Examples: You and your friends organized a play, a lemonade stand or a bake sale. You and your classmates created a great science, art or math project. You and your sister built a fort. Your soccer team pulled together to win a close game. You and your mom or dad together cleaned the house or raked the yard.

Title \_\_\_\_\_


**2 Use a Hand** ♦ Draw the outline of your left hand. Inside, draw or write 3 ways *you* could use a hand right now.

Examples: Maybe you could use a hand with your social studies homework or with deciding what to get or make your cousin for his birthday.

**Use a Hand!** 

**3 Lend a Hand** ♦ Draw the outline of your right hand. Inside, draw or write 3 ways you can lend someone else a hand right now.

Examples: Maybe your sister needs a hand with spelling, or the art teacher could use a hand collecting egg cartons or pine cones for an upcoming art project.

**Lend a Hand!** 

**4 Take Action!**

- ♦ Brainstorm names of people who can lend you a hand—then ask for support.
- ♦ Go out of your way to lend someone else a hand.



## Full Potential Towers

Can you remember a time when you gave something your all: all your concentration, all your strength, all your effort? When you are giving your best, you contribute more to the world and others! Take 4 steps to figure out how to live up to your potential:

① **Under each tower, list a goal you'd like to achieve.** The 5 towers stand for different areas of your life: school, family, hobbies, friends, and health. On the sample towers, Ben is getting ready for a violin recital in the “Hobbies” area. In the “Friends” area, he wants to lend his friend a CD she likes.

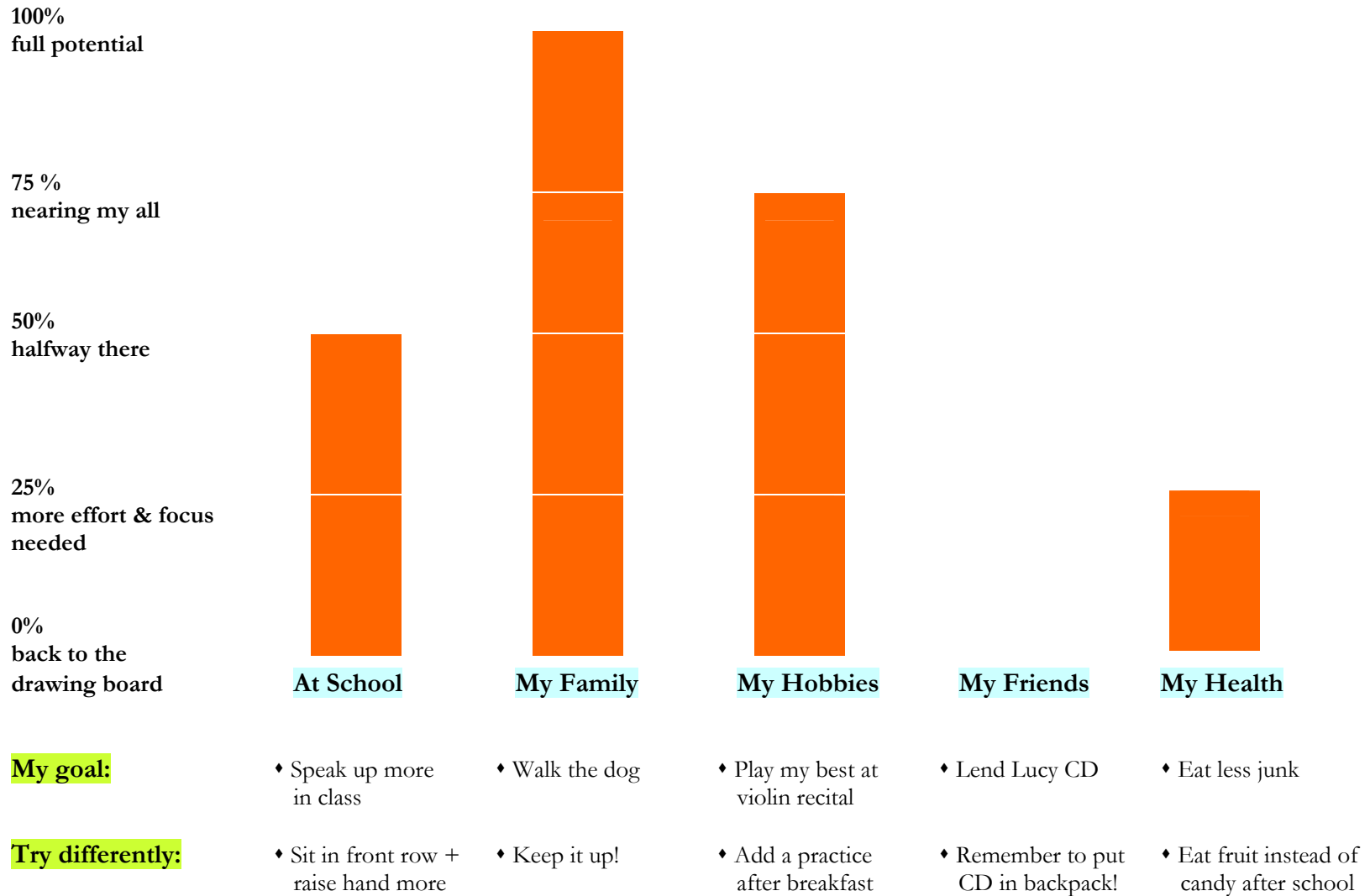
② **Color in each tower** to show to what extent you are living up to your potential—at the end of the day or week. If you've made a big effort: 100%. Half effort: 50%. Maybe you've been sick—this happens to everyone—so couldn't make any effort at all: 0%. Be honest! It's important to know where you're at.

③ **Write down what you can do better or differently** to move closer to your full potential. Learn and grow from your experience!

④ **Take Action!** Print out new blank pages of “full potential towers” for your parents or guardians. Help them figure out ways they can reach their potential in all areas, just like you. Give them lots of support: we all need it!

\*\*\*Designer: If possible, shrink this sample chart to fit in its entirety on the first page.

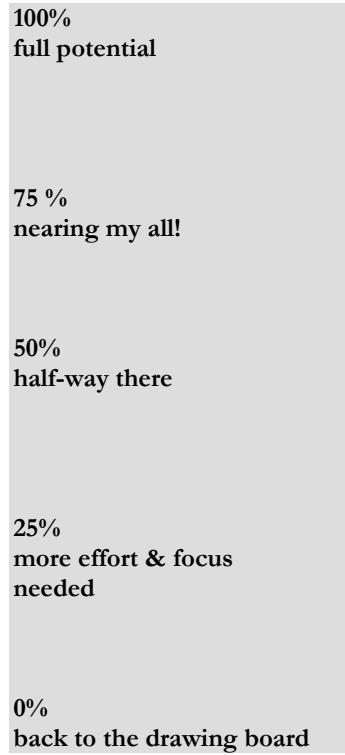
**SAMPLE**  
**Ben's FULL POTENTIAL TOWERS**



\_\_\_\_\_ 's

Your name goes here

# FULL POTENTIAL TOWERS



**At School**

**My Family**

**My Hobbies**

**My Friends**

**My Health**

**My goal:**

◆ _____	◆ _____	◆ _____	◆ _____	◆ _____
_____	_____	_____	_____	_____

**Try differently:**

◆ _____	◆ _____	◆ _____	◆ _____	◆ _____
_____	_____	_____	_____	_____



## The World Is in Our Hands: Matching Quiz

What job do you dream of doing when you grow up? Have you thought about how your work might affect the planet and the people, animals and plants that live here? For instance, will your work create more or less pollution? Will it help animals survive and plants grow? Will it help keep people healthy?

Of course, you don't have to wait until you're a grown-up to start caring for the world. Take this matching quiz to find out how much you already know about keeping the earth in good shape.

- |       |                    |    |                                                                                                |
|-------|--------------------|----|------------------------------------------------------------------------------------------------|
| ___1  | Recycle            | a. | Ride your bike instead of getting a ride. Talk to your parents about driving a hybrid car.     |
| ___2  | Global warming     | b. | Don't trash it! Decorate that old shoebox to store letters from friends.                       |
| ___3  | Extinction         | c. | That brown stuff hovering over cities.                                                         |
| ___4  | Carpool            | d. | Gone is the Dodo bird.                                                                         |
| ___5  | Go "Green"         | e. | Glaciers in the north and south pole are shrinking! Ocean levels are rising!                   |
| ___6  | Composting         | f. | Give things away. Someone else could use those hand-me-down clothes, toys and books.           |
| ___7  | Solar energy       | g. | Preserve natural habitats (forests, oceans, prairies and the like) and their numbers may grow. |
| ___8  | Conserve           | h. | Your kitchen scraps can actually enrich the soil.                                              |
| ___9  | Pollution          | i. | Turn off the water while you brush your teeth.                                                 |
| ___10 | Endangered species | j. | Pile in the car—you're all going to the same place after all.                                  |
| ___11 | Donate             | k. | It comes from the sun.                                                                         |

### Take Action!

Here are some simple ideas to get you started:

- ☆ Take charge of your family's garbage: set up a recycling effort at home.
- ☆ Host a clothes swap with your friends.
- ☆ Walk or ride a bike instead of taking the car.
- ☆ Plant a garden, then use autumn leaves as mulch.
- ☆ Eat tonight's dinner leftovers for tomorrow's lunch.
- ☆ Help organize a book swap for kids of all ages at your school or community center.
- ☆ Use the same glass for your drinks each day. Conserve water and save time washing!

## Answer Key

1. b
2. e
3. d
4. j
5. a
6. h
7. k
8. i
9. c
10. g
11. f

## Revolutionize the Workplace

Do you know what the word “revolution” means? Think about a wheel and how it revolves and turns round and round. Similarly, a revolutionary idea or invention can seem to turn the world upside down!

Each of the scrambled words are inventions that revolutionized the workplace and changed the way we get work done. Unscramble each word. Then, to solve the final riddle, copy the letters in the numbered boxes into boxes with corresponding numbers at the bottom of the page.

ROTAVELE

□ □ □ □ □ □ □ □

4 2

clue: Before the first \_\_\_\_\_ was invented in 1881, you had to climb 14 flights of stairs to your office on the 14<sup>th</sup> floor. Luckily there weren't skyscrapers then!

CTTHOSSOPEE

□ □ □ □ □ □ □ □ □ □ □ □

8

clue: Before the invention of the first \_\_\_\_\_ in 1851, doctors had to place their ears up against your chest to hear your heartbeat.. *Thump-thump!*

SRATCROT

□ □ □ □ □ □ □ □

17

clue: Before \_\_\_\_\_ were invented, mules and horses helped farmers plant and harvest beans, potatoes and corn. Farms were a lot quieter!

TTERNEIN

□ □ □ □ □ □ □ □

10

Before access to the \_\_\_\_\_ took off in the 1990s, we looked up information in encyclopedias, dictionaries, phonebooks, etc. Now it's at our fingertips—and on our desktops.

HPENEELTO

□ □ □ □ □ □ □ □ □ □

15

clue: Before the \_\_\_\_\_ was invented in 1870, you had to write a letter to “talk” to someone far away. Words took weeks, not seconds, to arrive!

HTIEW UTO

□ □ □ □ □ □ □ □ □

3, 9

clue: Before a woman invented \_\_\_\_\_ in 1956, typists had to cross out mistakes or type the whole page over again. What a drag!

INRESS

□ □ □ □ □ □

13 5

clue: Before \_\_\_\_\_ were invented, fire fighters rang bells on their trucks to move traffic out of their way.

RPPPELIAC

□ □ □ □ □ □ □ □ □

12

clue: How in the world did people keep pages of paper together before the tiny, bent-wire \_\_\_\_\_ was invented in 1900?

GIKNBA REWDOP

□ □ □ □ □ □ □ □ □ □ □ □

14

clue: After a pharmacist created \_\_\_\_\_ in 1898, bakers didn't have to wait hours for dough to rise. Yeast-free breads, cakes and muffins in no time! Yum!

YADTENMI

□ □ □ □ □ □ □ □

16,6 1,7

clue: Without the use of \_\_\_\_\_, invented in the late 1800's, train tracks couldn't have been laid coast to coast through the rugged, mountainous countryside.

SIGLATFHHL

□ □ □ □ □ □ □ □ □ □ □

11

clue: Before the invention of the \_\_\_\_\_ in 1889, police detectives had to use kerosene lanterns to search for evidence (and suspects!) in the dark of night.

**What's the next big thing to revolutionize the workplace?**

□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

**Take Action!**

Come up with revolutionary ideas of your own. Look around. What problems do you notice—in your school, family, neighborhood—that could use inventive ideas to solve? What can you and your friends do today to help?

## **Answer Key**

1. Elevator
2. Stethoscope
3. Tractors
4. Internet
5. Telephone
6. White Out
7. Sirens
8. Paperclip
9. Baking Powder
10. Dynamite
11. Flashlight

You and your friends