



170 Actions to 'Be the Change'



Real and tangible actions that we can all take to change the world.

Choose 1 of the 17 SDGs to focus on, and do the 10 actions listed to start your change-making journey!

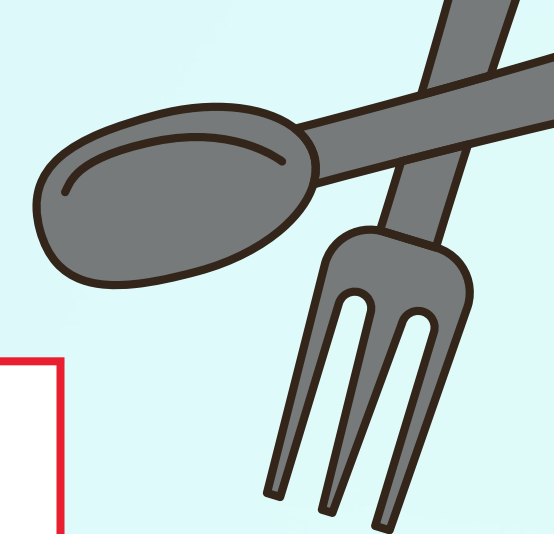
Fill in the blanks to develop 2 *additional* actions you can do to help improve your life and the lives of others!




Here are 170 actions that you may undertake to gain a better understanding of the issues in our world and to help make it better. Not all of these actions may be possible or permissible in the area of the world where you live. Make sure you consult a parent, guardian or teacher before undertaking any of these actions, and please ensure they supervise you at all times. Let's work together to make the world a better place, safely!


Consider learning about and supporting these charities.

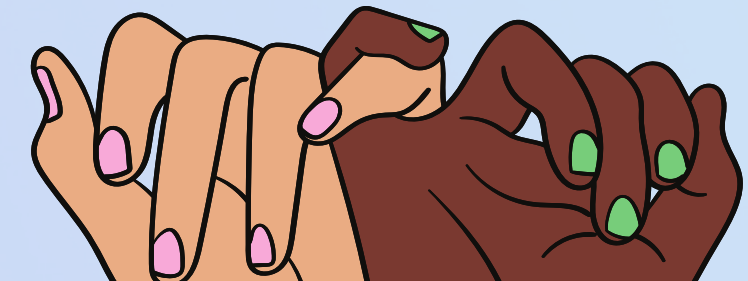




<p>1 NO POVERTY</p> 	<p>Learn the causes of poverty at home and abroad and write a report on one way to address those causes.</p>	<p>Collect unwanted items in your community and donate to a local charity</p>		<p>Design a recipe using affordable but nutritious ingredients and share this with your community.</p>
<p>Research companies that are socially responsible and promote them in your community</p>		<p>Research articles on poverty in the newspapers and share these on the school noticeboard. Find ways to help people in poverty without using money. Can you achieve any of these?</p>	<p>Ask the parents in your class about what skills they may have and build a community database of locally skilled people to share in your community to help them find extra work.</p>	
<p>Write a letter to your local member of parliament asking them what they are doing to reduce poverty in your community and how they can help impoverished people further.</p>	<p>Contact a local homeless shelter and ask them what you can do to assist or promote their work in the community, then do it.</p>		<p>Make greeting cards and sell them to raise money for a chosen charity.</p>	<p>Find a way to volunteer your time to assist the less fortunate where reasonable.</p>



	Choose 3 items in your fridge or pantry and research where they've come from and any information about the company, group or person that makes it. What did you discover?	Contact and research a farmer and write a biography about what they do and why they do it.		Find the 10 most nutritious fruits and vegetables and try to grow one of them at school or home.
Contact a local homeless shelter and learn about the types of foods they serve and why?		Write to a local politician asking about community gardens and how food growing can be incorporated to feed the hungry.	Research a country where food is difficult to grow or obtain. Research what the challenges are and design ways to address these. Is there a parent in your community who can help you achieve this goal? Start asking.	2 ZERO HUNGER 
Research the diets of different countries (breakfast, lunch, dinner). Write a report that identifies the differences and find out why they eat differently.	Collect unwanted non-perishable foods in the community and donate to local charities.	Find 3 companies that are trying to help feed the planet in a sustainable way. Write an email to their CEO, sharing your thoughts..		What is the most commonly eaten food in the world? Is it nutritious? Make a poster about healthy food for your school newsletter.





List all the ways people can practice being healthy and explain ways to be healthy. Design a checklist and share with your community.

Design a poster that encourages people to eat healthy foods and display it where other people can see it.

Visit an elderly home or draw a picture and write a letter to an elderly person asking them to share their wisdom and tips for being healthy as you get older.

Write a letter to a friend asking them how they are and checking-in to see if they need support for anything they may be facing.

3 GOOD HEALTH AND WELL-BEING



Research John Fawcett Foundation. What are they doing to help others? Find organisations in your community that undertake similar work and promote them.

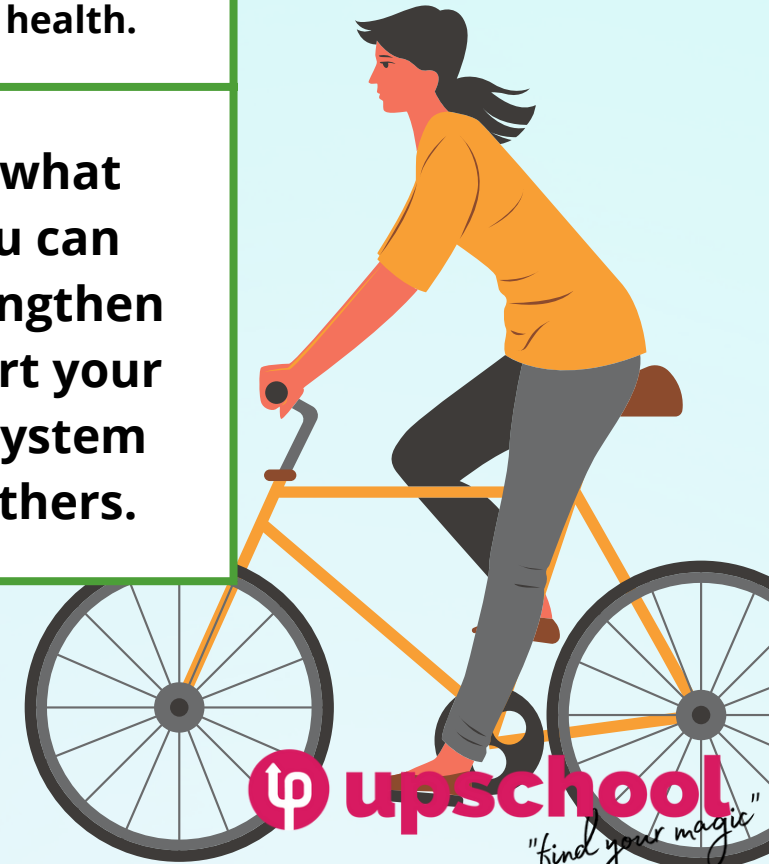
Research countries that have the longest lifespan. Research why that is - what food do they eat? How do they live? Prepare a talk to your class about longevity of life!

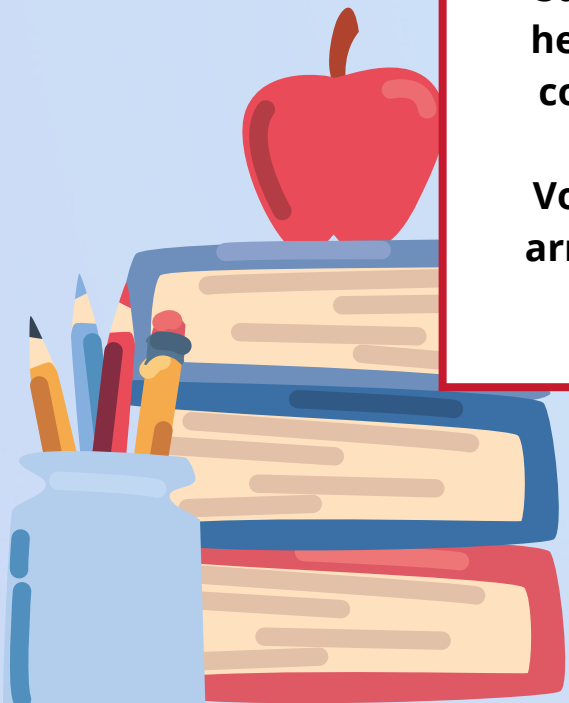
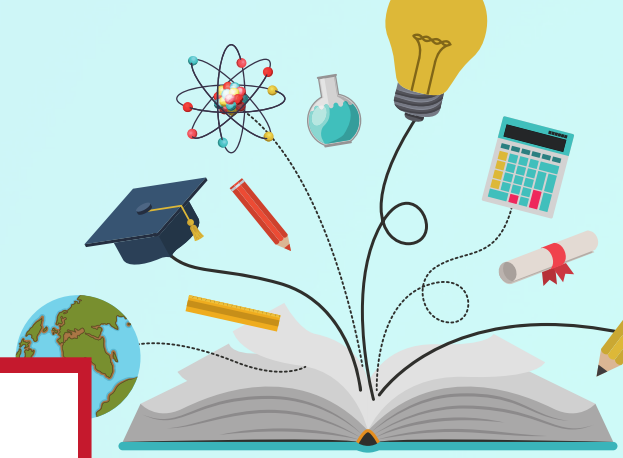
Research the impacts of the environment on your health and make one change about your home environment that can improve your family's health.


Research meditation and try to mediate for 5 minutes a day. Note how you feel before and after mediation. Teach someone else how to meditate.

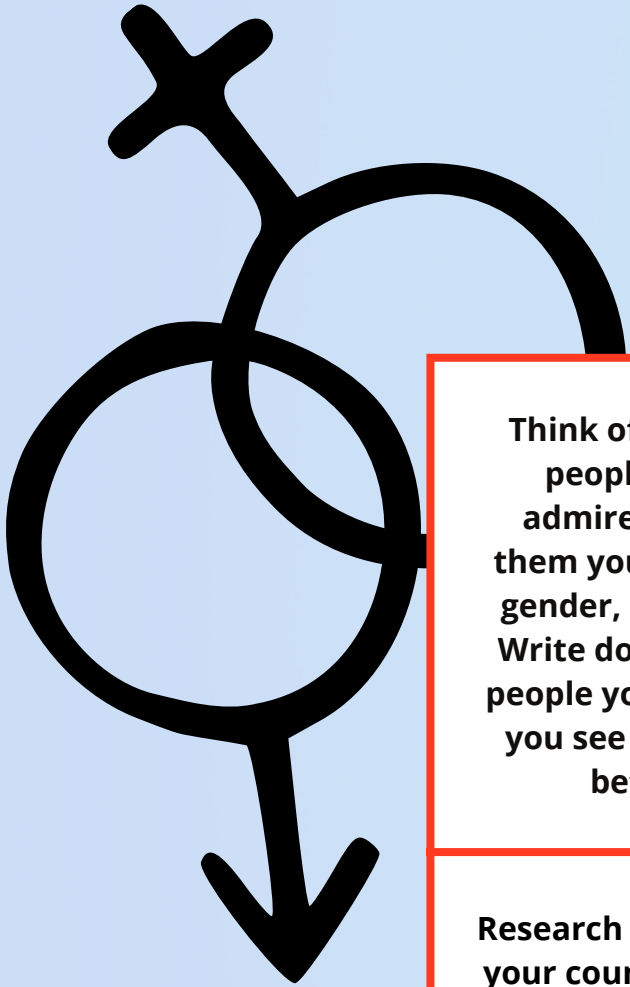
Start a school skipping club where you invite children from all classes to participate in your activity!

Find out what foods you can eat to strengthen and support your immune system and tell others.





<p>Why is going to school a good thing? Write a letter to a younger student explaining the importance of learning.</p>	<p>List 10 things that you believe contribute to a good school. How many of these things does your school offer? Organise a class meeting about improving your classroom!</p>	<p>4 QUALITY EDUCATION</p> 	<p>Research countries that have low literacy rates. What can be done to help children learn to read and write? List 10 things.</p>	
<p>Talk to your school principal to discover things the school needs to provide better education. Write a letter to a local politician asking for help to fund these things.</p>		<p>Research the following charities: So They Can, Blue Dragon Children's Foundation, Free to Shine and WEIV. They are helping disadvantaged students to learn. Find ways to help support them and take action.</p>	<p>Think of a job you want to have when you are older. What do you need to learn to do it? Where will you learn? How will you access this education? Write a journal entry from the perspective of someone not able to attend school wanting to do the same job that you want to do when they're older.</p>	<p>Collect unwanted books from your community and donate them to libraries or charities.</p>
<p>Support a charity that helps children in other countries who cannot access education. Volunteer, promote or arrange a fundraiser to help.</p>	<p>Find a younger student in your school and teach them something they need to learn. Show them, through leadership, that school can be fun.</p>			<p>Interview an adult about what school was like when they were younger. What are some of the differences between their experience and yours? List them down.</p>



Think of all the wonderful people you know and admire. What is it about them you admire? Is it their gender, or something else? Write down the qualities of people you admire and see if you see anything common between them.

Research the average salary of a man and a woman in your country. Is there a difference? Should there be a difference? Why is money important? Make a chart to display in your school.

Cut out all the articles in a newspaper that talk about male and female success! Are they evenly balanced?

Make a collage to show your findings and talk to the class about this!

Research how many people in your country are women and men. Then consider if your community supports one group better than another. In what way does it? Think of 5 ways your community can provide greater support to both men and women.

5 GENDER EQUALITY



Explain what gender equality is. Why is it important? Write a letter to your local politician asking for more gender equitable services to be provided in your community.

What do you want to be when you grow older? Plan a pathway to get there. Is there anything that causes a barrier between you and the job you want because of your gender? Work with a partner to identify 5 things that can be done to remove the barriers that prevent you from achieving your goal.

Research a local charity that supports gender equality. What work do they do to achieve this? Invite the CEO into school to talk to everyone about the work they do.

Examine 5 causes of gender inequality. Design a way to address each of these causes where possible in your local community.

Assess the amount of boys and girls in your school or community. Do they all have access to the same things? List down what services, clubs, situations or choices are not accessible to the other gender and identify if any of these can be made accessible to everyone.

Write a persuasive piece to argue that gender equality is important. Deliver this as a speech to your class and consider writing a letter to a local politician to encourage gender equality in your community.



Write a report on clean water and why it is important for people to have access to it.

Arrange a meeting with the school principal to discuss if there are any chemicals used in school that pollute the waterways. Encourage them to be changed for ones that do not harm the environment.

Research what types of things might appear in water that is unclean, and what effect these things have on the human body. Next, research what can be done to purify the water. List these solutions from cheapest to most expensive.

Identify 10 things you can do to reduce your water usage and make a poster to put up in your classroom or around the school.

Find 1 story book where water is a central theme. Write a book review discussing the central theme and how effective the book is in conveying the importance of water. Suggest ways to improve the story to make it more impactful.

Start a 5 minute shower society in your school where children will take showers for a maximum of 5 minutes. Try to get as many members to join as possible including the teachers!

Research organisations and charities that aim to improve access to clean water and sanitation around the world. Design a poster advertising this organisation. Create and sell things in your community to raise money for, or awareness of, this organisation.

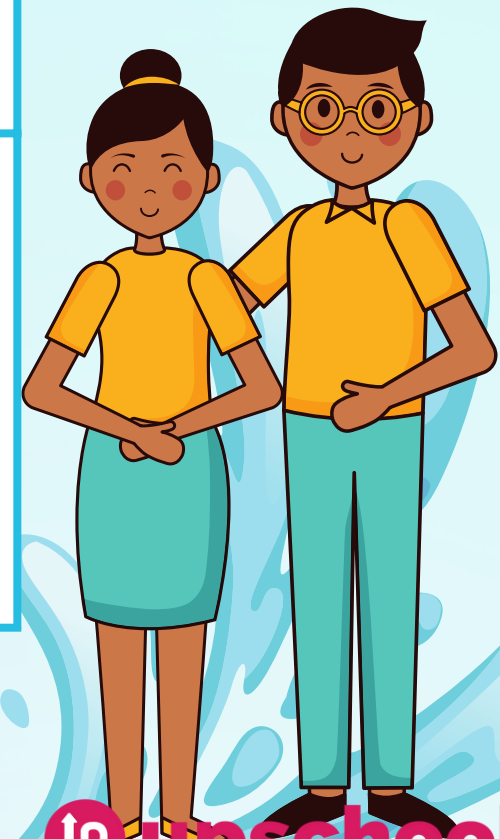
Design a way to catch rainwater in your school and then use this water for something useful that will make the world a better place.

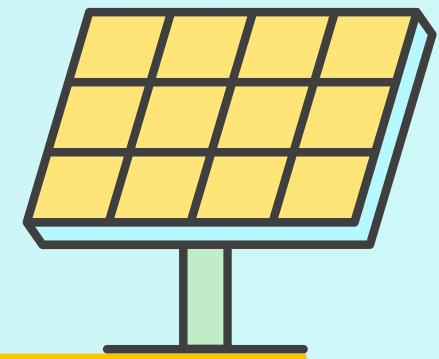
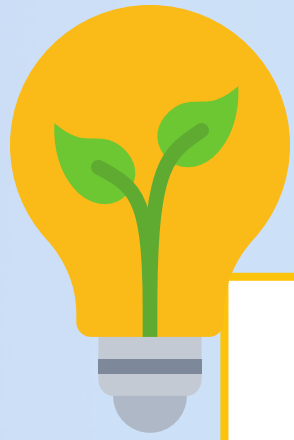
6 CLEAN WATER AND SANITATION

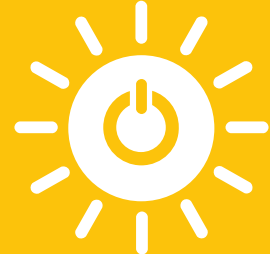


Look around your school, home or local community to identify where water is being overused unnecessarily. Look for leaking taps, broken pipes, or excessive use. Contact people responsible and report these for repair.

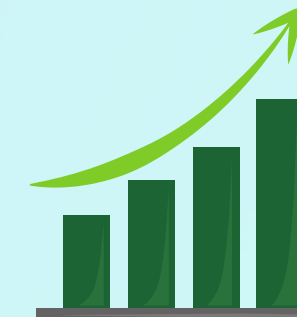
Name 4 of the largest rivers in the world and research if they are polluted. What are the main pollutants? What effect is this having on drinking water quality for communities that live nearby? Write a letter to government officials encouraging them to reduce pollution.





<p>Research the different methods of energy generation. Rate them from most polluting to least polluting and display the chart in the school newsletter.</p>		<p>Turn off the lights in school between certain hours when the sun is bright enough to light the classroom without lights.</p>	<p>What is renewable energy? Research the topic and design a pamphlet informing people about this method of energy production and why they should consider implementing it. Send it out in the school newsletter!</p>	<p>7 AFFORDABLE AND CLEAN ENERGY</p> 
<p>Organise an excursion to an organisation that provides or uses renewable energy. Take photos and send them home to families.</p>	<p>Write an article on solar energy, explaining what it is and why it is considered to be renewable. Send this article to the local newspaper and get your story published!</p>	<p>Conduct a survey of the parents in school asking them which company provides their energy to their home. Create a flyer advertising a change to renewable energy.</p>	<p>Write a letter to a local politician asking them to integrate more renewable energy into power supply for public facilities and services.</p>	<p>Try to get everyone in the community to walk or cycle to school one day per week by making a poster about your special day. e.g. 'Walk to school Wednesday!'</p>
		<p>Find a local solar panel company and invite them to school to talk about solar power. Ask them to donate a solar panel to your school to be used to power something.</p>		<p>Design ways for people without power to access it affordably. Write to a charity like SolarBuddy.org suggesting ways that they can provide power to people who have no power.</p>





**Why do people work?
Why is work important? Write a report explaining the benefits of work and the challenges some people face in getting decent work.**

Research the 5 most awful jobs! Why do you think they're awful? What are some jobs people just shouldn't have to do? How else can these jobs be done, or how much should people doing it be paid?

Research the following charities:

1. **MicroLoan Foundation**
2. **Opportunity International Australia.**

What do they have in common?

Design a poster promoting both organisations and send an email to their CEO inviting them to speak to, or share a message with your school.

Hold a business idea competition at the school. Choose the best idea and fundraise the money required to help the idea launch.

Think of your dream job. What do you need to do to get there? Write a step by step guide on how to get your dream job and then teach it to a younger student.

8 DECENT WORK AND ECONOMIC GROWTH



Design a new classroom job that will help everyone! Ask children in your class to apply for the job and hire somebody!

Place a piggy bank in the classroom in a central location. Allow children to donate any spare change they have into the jar and buy something useful for the class at the end of the term.


Explore a reward system for good work in class. Why do these systems work? Design one for your classroom or household.

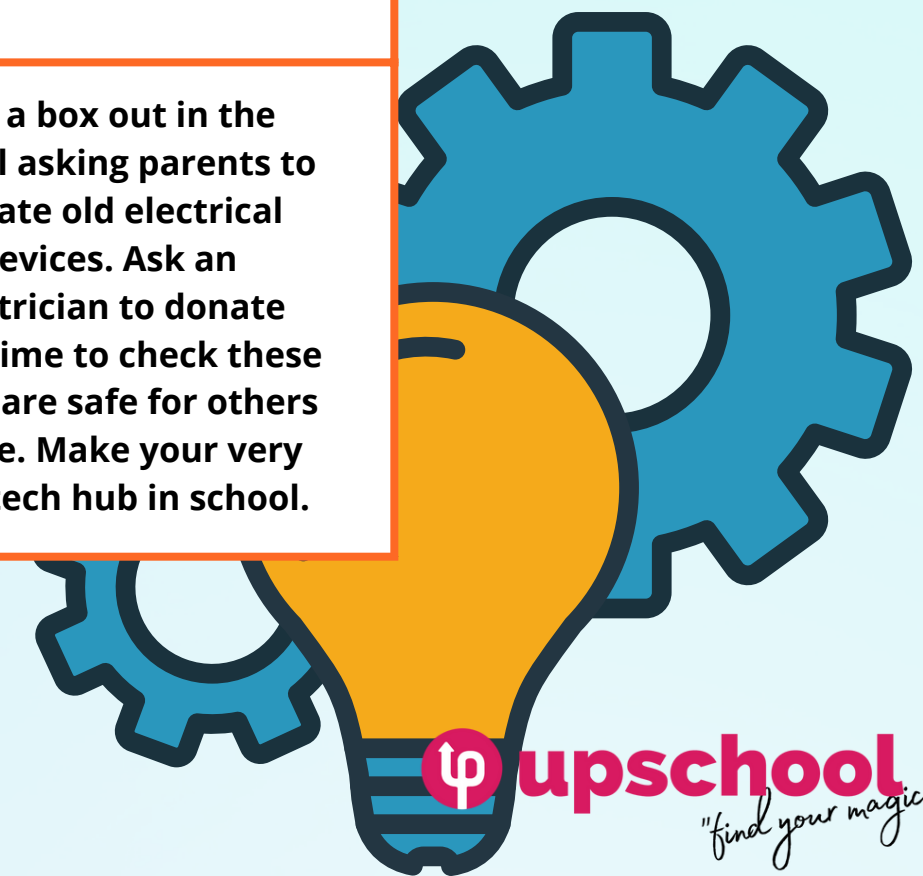
Research the 5 most important industries in the world and search for jobs in those industries. What are things employers are looking for?

Arrange a guest speaker to come to your school or home to share some basic skills related to their job. Ask them why they chose that profession? Learn more about that profession.





<p>Design and build a structure out of sticks found in the playground that will hold 1kg of weight. Then try for more weight!</p>	<p>What are the services that are necessary for a community to function? Hospitals? Schools? What else? List and then compare with the services in your community. Are there any services you are missing? Write a letter to a local politician telling them about your community needs!</p>		<p>Design a building that addresses a community need. What do you need to consider? Build it out of cardboard and show your school community in a display.</p>	
<p>What are some of the issues facing your community? What are the industries that can emerge to address these issues? Invent a fictional company that could solve these problems.</p>	<p>Host a small event for people to donate their unused, working mobile phones, and in turn raise the awareness about the lack of communication services that 1.15 billion people still do not have. Once collected donate these to a charity that can reuse them.</p>	<p>Get a map of your town and locate the schools, the hospitals and the train stations. Do the same with a map of Kathmandu and compare the two. What are the differences?</p>	<p>Invite somebody into school with a disability and ask them to talk about how communities can change infrastructure or offer technology to be more inclusive of those with a disability.</p>	<p>Talk to your principal about school buildings. Can any unused buildings be used for something else? Propose a service that can be offered in a spare room in the school to help students and teachers.</p>
<p>9 INDUSTRY, INNOVATION AND INFRASTRUCTURE</p> 			<p>Research famous inventors. What did they create for the world? Imagine an invention you could make to create a difference. Draw it and then tell your class about it!</p>	<p>Put a box out in the school asking parents to donate old electrical devices. Ask an electrician to donate their time to check these items are safe for others to use. Make your very own tech hub in school.</p>





Make a poster encouraging inclusiveness and tolerance of all people, and place it in a prominent location at your school.

Think of all the different types of people around the world. Look at your school's infrastructure. Identify and recommend ways the school can make the property more accessible to all types of people.

Write a letter to the school principal of a school whose faith or cultural background is different to yours. Invite them to visit your school and share a lunch together!

In what way are inequalities evident in your community? Propose ways to address these inequalities.

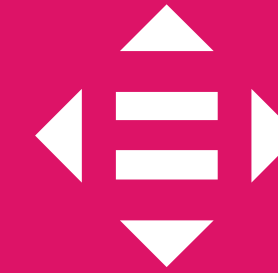
Research organisations that promote equality in your community. Contact them to ask what you can do to assist them in their mission.

Find a book that explores the issue of inequality. Read it to your class and explore the themes raised in the story.

Discover influential people who fought to reduce inequalities. Make a poster about that person listing facts about their work that made a difference.

Think of ways our world can reduce inequality. Propose an idea that can be adopted around the world to promote equality. Make a poster.

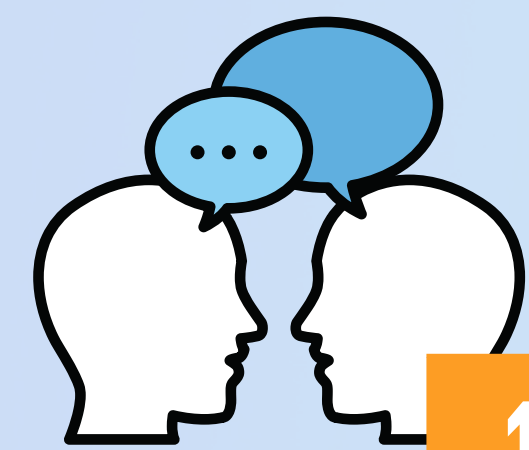
10 REDUCED INEQUALITIES



Hold a fundraiser to raise funds to support community members in need.

Show respect to all kinds of people who may do things differently than you. Find a way to promote this ideal in your school.





11 SUSTAINABLE CITIES AND COMMUNITIES



Start a cycling club where children and families cycle to school and back again.

Try to get as many members as possible to join your club and write to the local newspaper about your new initiative!

Research emergency situations that have occurred in your community. How can the community be better prepared? Propose ways to be better prepared and invite a firefighter, doctor or police member into school to talk about various situations.

Start a student, neighbourhood or community group that works together to help each other.

Design a poster encouraging the protection of local trees, wildlife and natural areas.

Design a sustainable town. What does it need to have in it to be sustainable?

Think of food supply, power, water and other resources. You can draw and label, or build with building blocks or using Minecraft!

What are the benefits of public transport?
Design a poster encouraging people to use public transport where possible, if available.

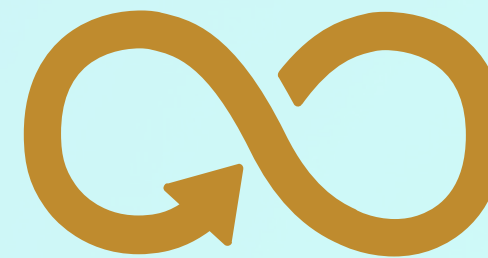
Generate awareness about your city's carbon footprint and propose ways to improve it.

Educate yourself on the indigenous people in your area. Write a report explaining the positives of their influence and contribution to your society.

Where are the nearest parks and recreational areas to you? Draw a map and booklet showing people how to get there and benefits of getting some exercise and time in nature.

Make a buddy stop in your playground where people who need help can come to find someone who can assist.



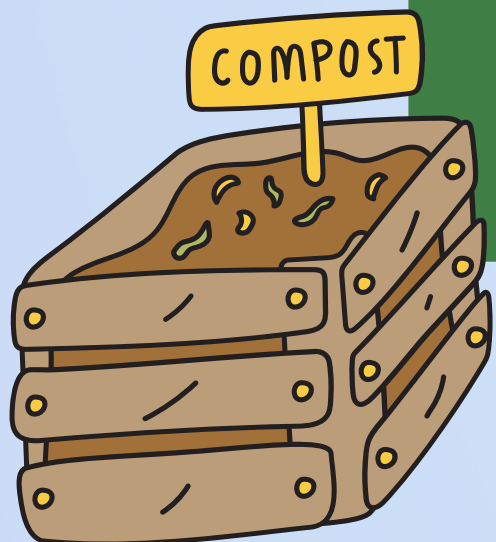


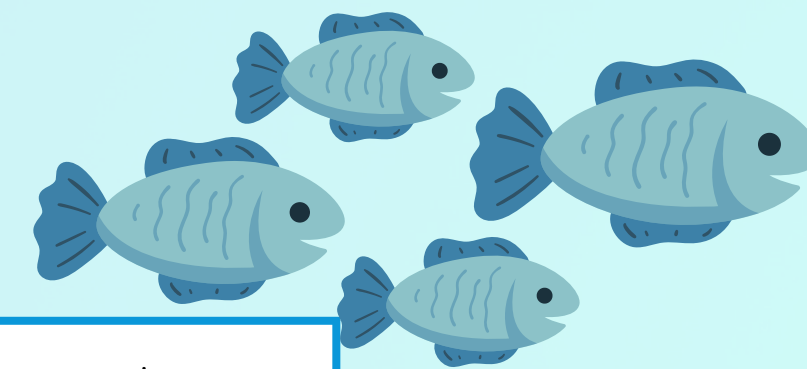
	<p>Arrange a working group to clean up school or community grounds. Remove litter safely and tidy communal spaces.</p>	<p>Set up a 'lending library' where children can borrow things from other children, such as books, to reduce consumption of new items.</p>		<p>Install a compost bin in your school and start to recycle all organic waste. Sell the compost to families at the school gate and donate the money!</p>
<p>Research recycling stations near you. Find ways to increase recycling rates in your community - posters, advertisements, encourage more bin resources, etc.</p>	<p>Ask your friends, family and community to clear out their cupboards, wardrobes and pantries of things they no longer want. Donate these to charities.</p>	<p>Research the phrase "Reduce, Reuse, Repurpose, Recycle". Make a poster advocating for this that explains what this means and send it home to families.</p>	<p>Collect some old clothes, cut them up and re sew them to make a blanket and donate this to a homeless shelter.</p>	<p>Have a clothes collection point and donate the old clothes to a charity once collected.</p>
<p>12 RESPONSIBLE CONSUMPTION AND PRODUCTION</p> 			<p>Switch off lights when they are not in use. Turn off appliances. Keep a tally on how many times you needed to turn lights off that others had left on, and see if your actions result in fewer lights being left on over time.</p>	<p>Start a 'NO PLASTIC BAG' society in your school and encourage children and families to use alternatives when shopping or packing lunches for school. Advertise your new society in the school newsletter and get as many members as possible!</p>



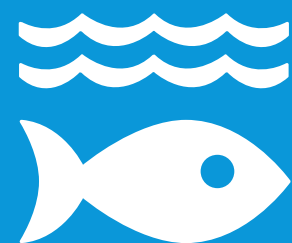


	<p>What is climate change? Find as many articles as possible in the newspaper about climate change and pin them up on the school notice board.</p>	<p>Imagine and design a machine that can remove CO2 from the atmosphere. What things will you consider? Have fun working this out.</p>		<p>Organise a vegetable day once per week, where as many people as possible avoid eating meat. Meat production causes significant pollution whereas vegetable production has a much smaller impact. Get as many people to participate as possible!</p>
<p>Talk to your school or local council to see if there are any planting spaces where you can plant a seedling or tree. You could even do it at home. Plant a seed or a tree, nurture it and observe it grow over time. Organise a 'Plant a Tree - Save the World' day.</p>	<p>Consider the many ways we can help to stop global warming. Create a poster showcasing these ways and place it in a prominent position at school or in the community.</p>	<p>Research the most polluting companies in the world. What industries are they in? Think of ways we can live our lives without relying on these polluting industries.</p>	<p>Research charities that are working to preserve our planet, such as Jane Goodall Institute Australia. Find out what you can do to help them in their mission.</p>	<p>Write a letter or an email to the National Environment Minister. Invite them into school to talk about climate change and what they are doing to help!</p>
		<p>13 CLIMATE ACTION</p> 	<p>Make sure that every single switch in your school is turned off before everyone goes home!</p>	<p>Find ways to use less electricity to do the same tasks! For example, list appliances that do a task which can also be done manually. A broom vs a vacuum is a good example. See if you can implement these changes in your life and reflect on how successful or unviable it was.</p>





14 LIFE BELOW WATER



Research the Great Barrier Reef. What is so special about this environment? What is happening to it? How can we fix it? Prepare a slide show on the topic and present it to your school community.

Organise a clean up day where a group of people clean litter from the ground near waterways, drains and public spaces with an adult's supervision.

Count how many items your family purchases that have plastic wrapping on it. Consider alternatives that don't have plastic wrapping. Is there a difference? Assess your options to determine what's best.

Learn about Seabin Foundation. Make a poster supporting their work and teach someone you know about how to reduce ocean litter. Send a photograph of your poster in various places around the city to the Seabin Foundation.

Research what the Great Ocean Garbage Patch is. Make a infographic that helps families understand how they can protect the ocean and why.

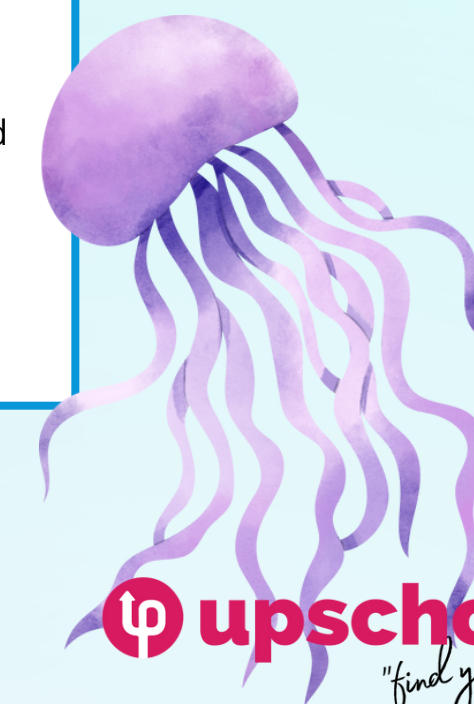
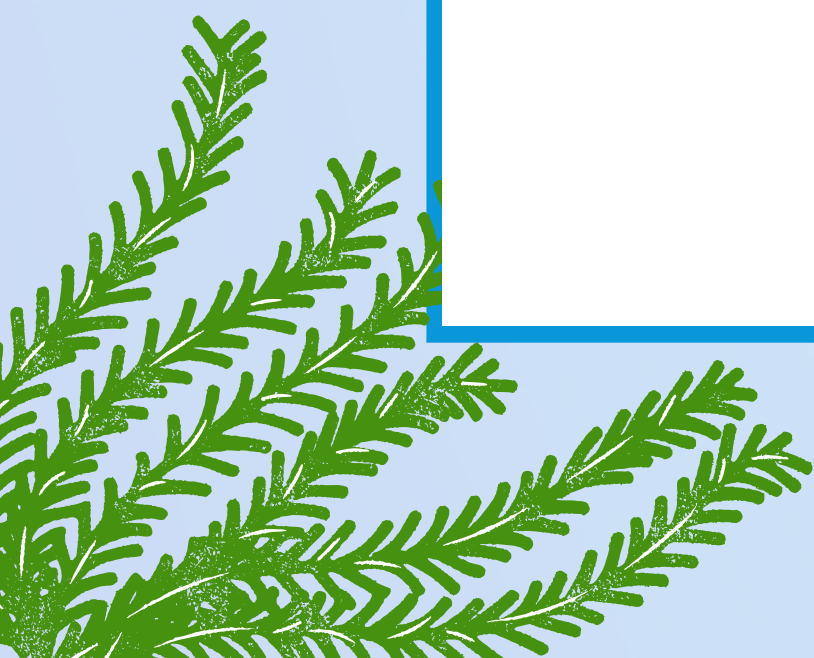
What is your favourite marine animal? Research it and teach a younger child about it. Find ways to teach older people about how important that animal is in the whole food chain.

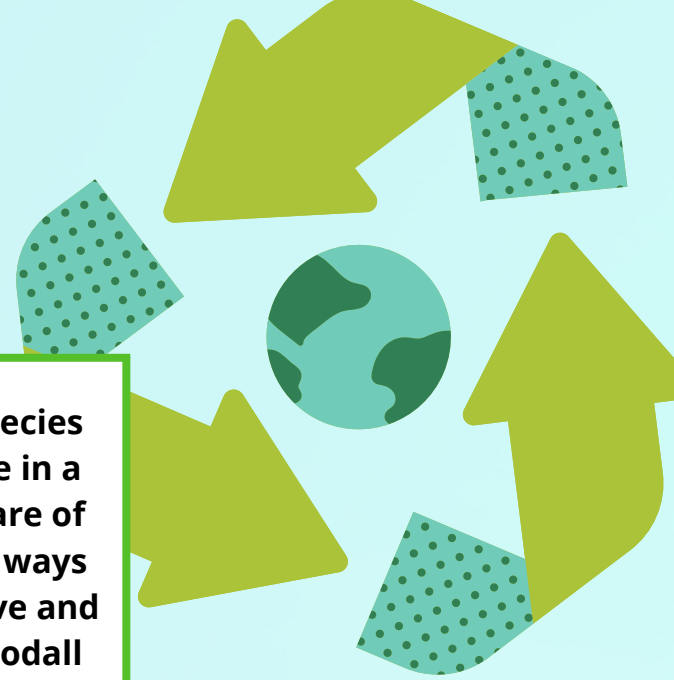
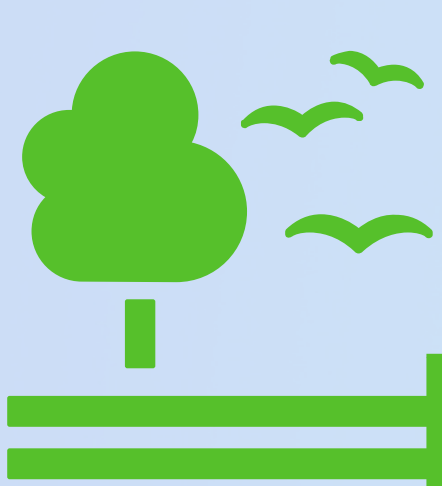
How much fish do you eat? Do you know where it has been sourced from? Discover more about the source of your food and identify the most sustainable fishing practices that can be used to ensure our oceans are not overfished. How did the Aboriginal people of Australia fish? What can we learn from them?

Research ways that humans are impacting marine environments. Choose your favourite world ocean and draw the food chain within that ocean. How important is phytoplankton/algae? And what will happen if the Earth heats up too much?

Organise a movie night/afternoon where the whole community comes to school to watch blue planet or a similar documentary! Take a photograph of the whole community wearing blue t-shirts to support the ocean and send it to the local newspaper!

Find articles in the newspaper about the world's oceans. make a collage of all the stories and put it up in the school to alert people to the importance of protecting the oceans.







	<p>Choose a plant that grows locally and make a short video or audio clip explaining how amazing it is! Upload this online and send the video link home in the school newsletter!</p>	<p>Plant a seed or tree, nurture it, and watch it grow. Research how to look after it, then teach others to do the same. You could even make a stop motion video of its first days growing!</p>		<p>Research endangered species and select one to feature in a poster. Make people aware of the animal and promote ways to help that animal survive and thrive. Research Jane Goodall Institute Australia and learn about the endangered animals they are trying to protect.</p>
<p>Learn about Rainforest Rescue. What do they do? Design a poster to support them and place it somewhere prominent. Send a picture of the poster to the charity.</p>	<p>Think of 10 things that live on land. Under each item think of a danger that is currently happening. What can we do to make sure that these dangers are avoided and nature is protected. Make an infographic to inform others.</p>	<p>What does Australian charity Edgar's Mission do? Find organisations in your local community that support animal welfare. Write an email or a letter to their CEO and invite them to school to discuss.</p>	<p>Learn about soil - what does it do, and why is it important. Start a worm farm and recycle all organic matter in your school. How do worms help the soil? Make a report on worms!</p>	<p>Chemicals have an effect on our environment. Research bees and what chemicals harm them. Invite a beekeeper into school to talk to everyone about the importance of bees Identify if any of these chemicals are in your home or school and seek alternatives.</p>
<p>15 LIFE ON LAND</p> 		<p>Organise a community event where everyone wears a green t-shirt and plants a tree or a seed. Send the pictures of the event to the local television news and get them to run a story!</p>		<p>Research the crucial role that trees have in our lives. Write a letter or an email to a local member of government about the value of trees and why you need more in your local area!</p>





	<p>What are human rights? Discover famous human rights activists and find your favourite quote from them and share it with your class during group time each week.</p>	<p>What is injustice? How can we ensure a more just society? Find 5 stories in the newspaper about injustice and share these on the school noticeboard.</p>	<p>16 PEACE, JUSTICE AND STRONG INSTITUTIONS</p> 	<p>Research justice, law and punishment over the last 200 years. What has changed? Tell your class about this by creating a project and presentation.</p>
<p>Think of something that has happened that you think is unfair. What makes you say its unfair? Why is fairness important? Rewrite the class rules to make sure that they are fair and equal for everyone.</p>	<p>Design a t-shirt logo and message that promotes peace! Paint your message onto an old white t-shirt and wear it to school. Tell your classmates about the importance of peace and the feeling we get when we are nice to each other.</p>	<p>Hold a meeting of classmates, family or community members and discuss ways to make life safer for everyone. Take action to ensure fair treatment of people and safety is ensured.</p>	<p>Survey your class on 5 rules/laws that they feel are unfair in school/society. Share the findings with your peers and explain to them why the laws/rules are in place and how we benefit from these.</p>	<p>Invite a police officer into school to talk to everyone about the rule of law. Prepare some questions and interview them for the school newsletter.</p>
		<p>Research organisations that are seeking to promote peace, such as the UNAA NSW. What do they recommend we do? Make a poster to help others follow the guidelines from UNAA NSW and promote appropriate action!</p>		<p>Why is the dove a symbol of peace? Draw a poster of a dove with an explainer and display this around school.</p>



	<p>Discover and share the Sustainable Development Goals by creating a short 2-minute video or audio file and share with the school!</p>	<p>Find something that is missing in your school. Contact a company that may be able to help. For example, a solar panel company to help install solar panels on your school roof, or a new worm farm for your playground.</p>		<p>Choose a project within your school that would make the world a better place. Call and email local radio stations and try to get a partner to help you raise the money or help with the project!</p>
<p>Write a letter to a friend, family or community member encouraging them to help you to make the world a better place and outlining how they can do this.</p>	<p>Encourage schools to embrace teamwork outside the classrooms in local communities and businesses.</p>	<p>Choose a charity from the list of Upschool charities and organise a community event (fun run, dress-up day, book sale) to raise money for this charity and write to the charity's CEO to tell them about it!</p>	<p>Find local businesses that want to achieve a better world. Discover ways to support them through a partnership with your school or community.</p>	<p>Organise a meeting with school principal to discuss how the students can have more say in the way the school is run. Start a student voice newspaper, written by students for students! Publish your first edition.</p>
	<p>How can students collaborate with others to make the world a better place?</p>	<p>Start a new school club where the aim is to have fun but also help to achieve one of the SDGs. For example, a walk to school society!</p>	<p>17 PARTNERSHIPS FOR THE GOALS</p> 	<p>Organise an assembly to recognise the effort that your school is making towards the SDGs. Invite the local Mayor and give out awards and certificates.</p>



Congratulations on taking 170 actions to Be the Change!

Keep thinking of ways you can improve your home, school, community or country and work with responsible adults to educate them, receive their help and work together to create meaningful change.

Reach out to us at www.upschool.co to share your journey and to keep learning!