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BE THE CHANGE

A Project to Empower Students to
'Save the World'

STUDENT WORKBOOK

'You will need nothing more than a pencil, some determination and a desire to change the world and together we can succeed. Are you with us?'

'Inside this workbook you'll find everything you need to help us work together to make the world a better place. Are you ready?'

'I will be with you on every page to keep you company. Look out for me.'

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Hello from Upschool

Hello from **Gavin McCormack**, and **Richard Mills,** the co-founders of Upschool. Over the next 17 pages, _____ has demonstrated their ability to create meaningful and real-world change in alignment with the United Nations Sustainable Development Goals (SDGs). They have worked very hard on this journey, developing essential skills such as teamwork, problem-solving, creativity, and critical thinking. We are very proud of their ability to make the world a better place, and we hope they will continue on this mission to change the world through powerful messages, strong values, and meaningful actions.

Skill Development

The table below represents all of the skills you are about to refine and develop.
By completing the full booklet, you are truly becoming a citizen of tomorrow.

Activity	Description	Academic Skills	21st-Century Skills
Design a Quote Card (SDG#1 - No Poverty)	Create a quote card with a powerful message about poverty.	Writing, Artistic Skills, Critical Analysis	Creativity, Critical Thinking, Communication
Create a Poster (SDG#2 - Zero Hunger)	Design a poster to raise awareness about hunger.	Artistic Skills, Writing, Research	Empathy, Public Speaking, Advocacy
Healthy Action Plan (SDG#3 - Good Health and Well-being)	Follow a 14-day action plan to improve health and well-being.	Health Literacy, Writing, Reflection	Self-discipline, Personal Well-being, Goal Setting
Animal Flashcards (SDG#4 - Quality Education)	Create flashcards about unique animals to teach younger children.	Research, Writing, Teaching	Creativity, Communication, Presentation Skills
Community Library (SDG#5 - Gender Equality)	Set up a library that promotes gender equality.	Reading, Writing, Organisational Skills	Project Management, Gender Awareness, Collaboration
Recycle Rainwater (SDG#6 - Clean Water and Sanitation)	Collect and use rainwater sustainably.	Scientific Literacy, Writing, Environmental Awareness	Problem-solving, Practical Skills, Innovation
Cycle to School Day (SDG#7 - Affordable and Clean Energy)	Organise a day for everyone to cycle to school.	Writing, Physical Education, Planning	Event Management, Sustainability, Community Building
Card of Appreciation (SDG#8 - Decent Work and Economic Growth)	Make a card for someone who works hard at school.	Writing, Social Studies, Empathy	Gratitude, Social Skills, Reflection
Smart City Diorama (SDG#9 - Industry, Innovation, and Infrastructure)	Build a diorama of a smart, sustainable city.	Scientific Literacy, Art, Engineering	Innovation, Teamwork, Critical Thinking
Multicultural Survey (SDG#10 - Reduced Inequalities)	Conduct a survey on family heritage and celebrate diversity.	Social Studies, Writing, Data Collection	Cultural Awareness, Survey Skills, Event Planning
Sustainable Film Night (SDG#11 - Sustainable Cities and Communities)	Host a film night to raise funds for sustainability projects.	Writing, Media Studies, Financial Literacy	Event Management, Fundraising, Advocacy
Plant a Gift (SDG#12 - Responsible Consumption and Production)	Grow a plant in a recycled coffee cup and give it as a gift.	Scientific Literacy, Writing, Environmental Responsibility	Gardening, Recycling, Generosity
Letter to a World Leader (SDG#13 - Climate Action)	Write a letter to a world leader about climate change.	Writing, Social Studies, Persuasive Communication	Civic Engagement, Leadership, Advocacy
Design a T-Shirt (SDG#14 - Life Below Water)	Create a logo and design a T-shirt to protect oceans.	Artistic Skills, Writing, Marketing	Environmental Advocacy, Entrepreneurship, Creativity
Information Report (SDG#15 - Life on Land)	Write a report on an endangered animal.	Research, Writing, Environmental Science	Awareness, Communication, Advocacy
Classroom Values (SDG#16 - Peace, Justice, and Strong Institutions)	Design a set of classroom rules promoting good citizenship.	Ethics, Writing, Social Studies	Community Building, Leadership, Ethical Responsibility
Writing an Article (SDG#17 - Partnerships for the Goals)	Write an article about the school's SDG projects.	Writing, Journalism, Research	Advocacy, Communication, Collaboration

Introducing

Favourites

Food	Animal	Sport

Friendship is....

Hobbies	Future Job	Best Friend

DESIGN YOUR SDG#1 QUOTE CARD

Design your very own quote card with a powerful image that will make the world think about what poverty really means.

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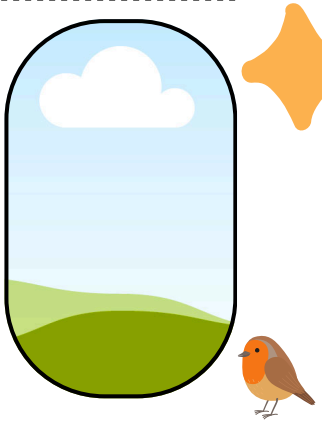
Tell us more about your quote and what inspired you to write it.

CREATE A POSTER ABOUT SDG# 2

Use your creativity to design a powerful poster that will allow people to understand that we must help those in need.

Take a photo of your poster in a place where people will see it.



MY 14-DAY SDG #3 HEALTHY ACTION PLAN

Create an action plan with 9 things you are going to do over the next 14 days to take better care of your health and well-being.

After 14 days of following my own action plan, this is what happened!

MY FLASHCARDS FOR SDG #4

Create 9 inspirational flashcards for children to learn about the wonders of the world. Once complete, colour them in and give them away to another school or class.

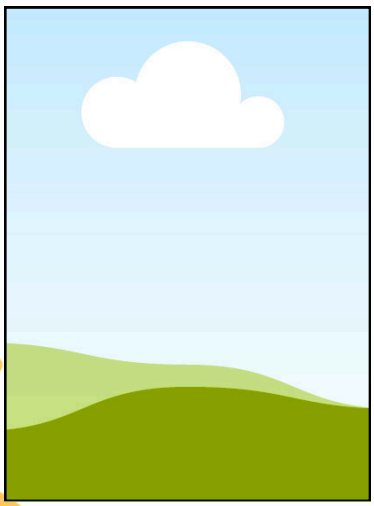
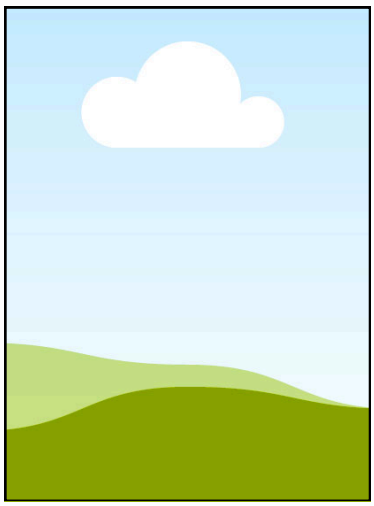
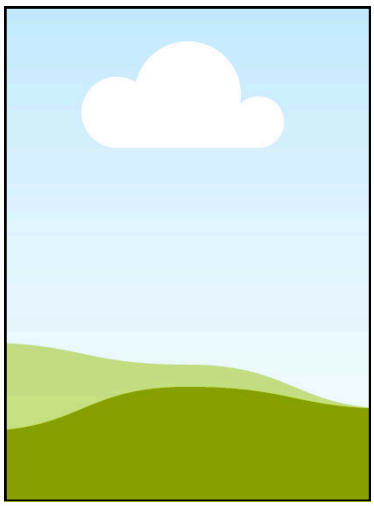
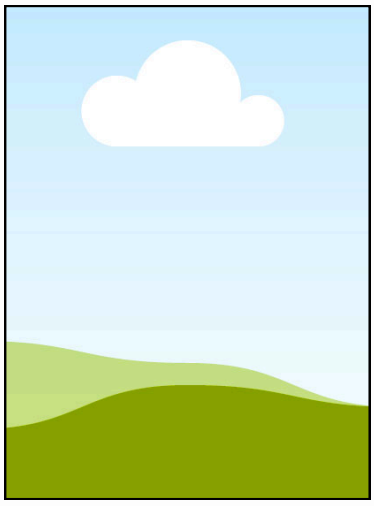
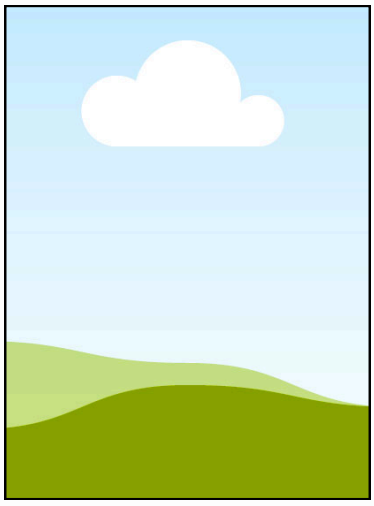
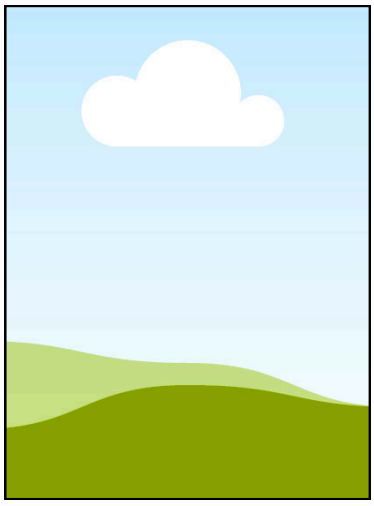
4 QUALITY EDUCATION

My **Animal** Flashcards

Below are 9 amazing animals ans some information about them that we will use to teach younger children about the wonders of nature.

CREATE AN SDG#5 COMMUNITY LIBRARY

Below are six books that we have handpicked for our Gender Equality Community Library. Our library promotes both female and male characters.

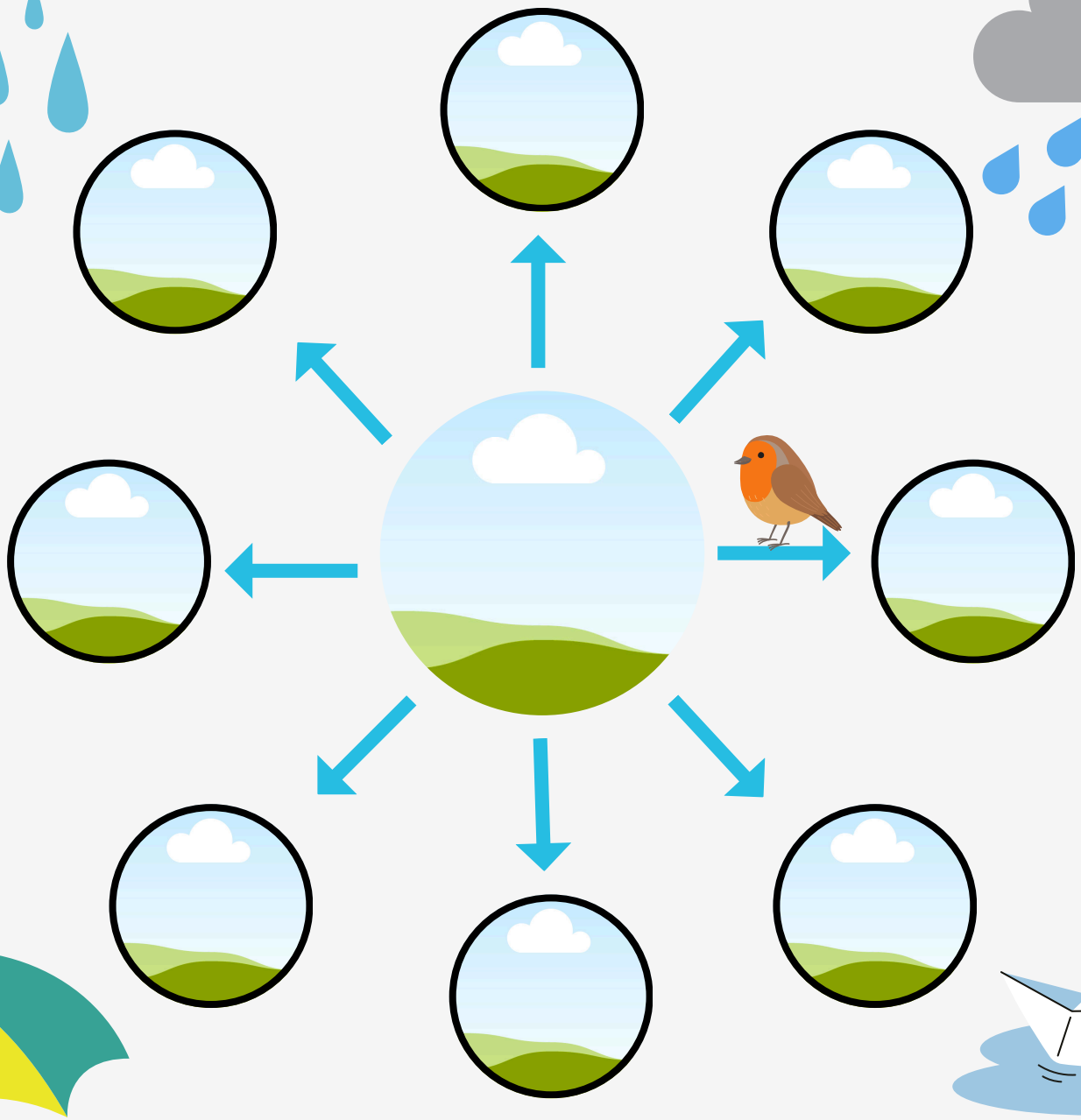







Here are some children enjoying our new gender equality library space.

RECYCLE RAINWATER TO ACHIEVE SDG#6

6 CLEAN WATER AND SANITATION

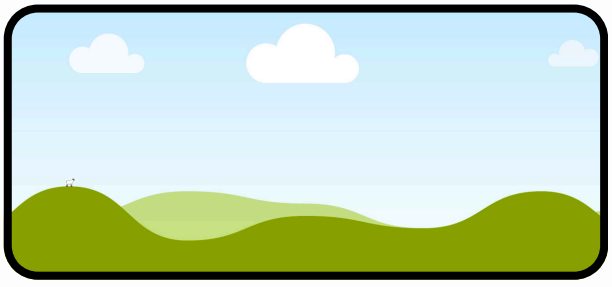
We collected rainwater using donated containers and then used the water in various ways to help save and preserve our water consumption.



SDG#7 PLAN A CYCLE TO SCHOOL DAY

We organised a day where everyone in the whole community used a sustainable way to travel to school to help save the planet.

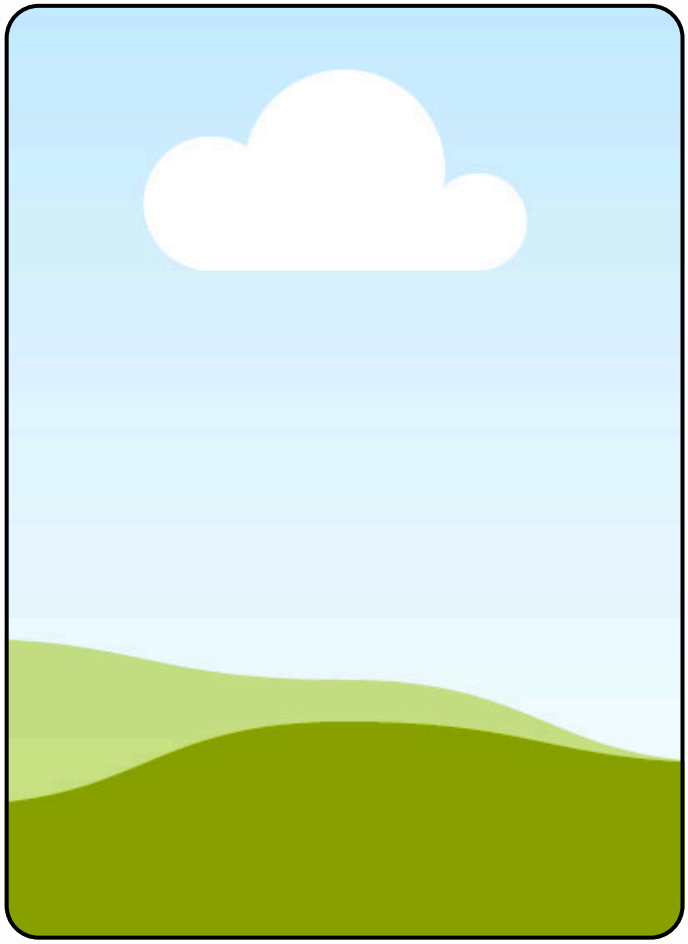
Action Photo



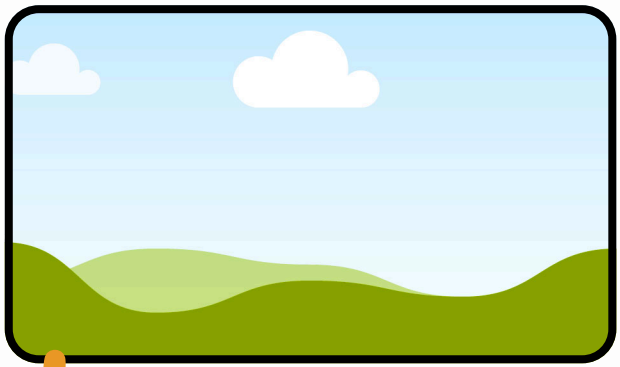
My Reflection

MAKE AN SDG#8 CARD OF APPRECIATION

Find somebody who works very hard in your school and make a card to let them know how much you appreciate them. Then, spend a day helping them do their job and reflect on the experience.



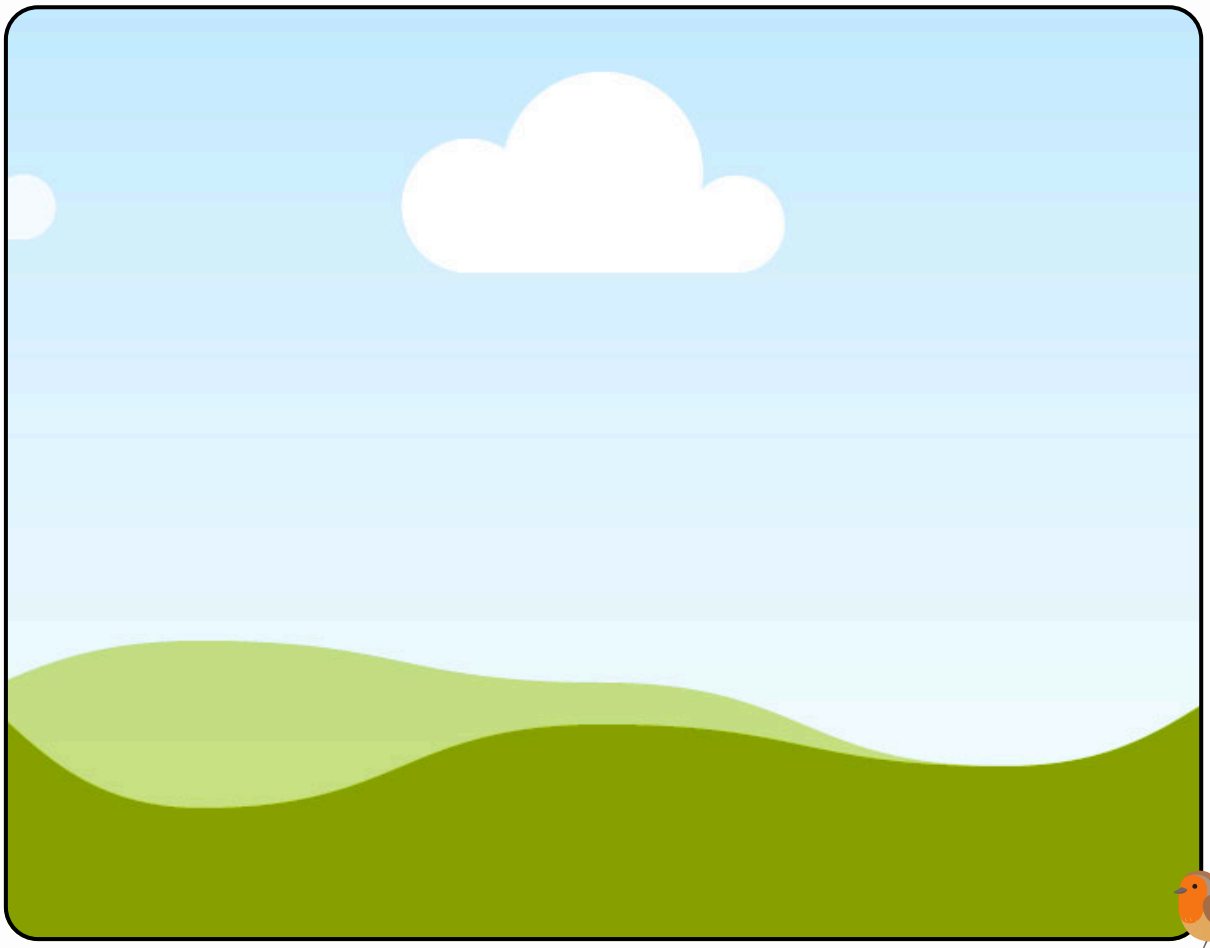
Action Photo



My Reflection

MY SDG#9 SMART CITY DIORAMA

using recycled materisl, create your very own city and tell us what is so special about the cities design and the rules so that everyone in the population is happy.



Welcome to .....

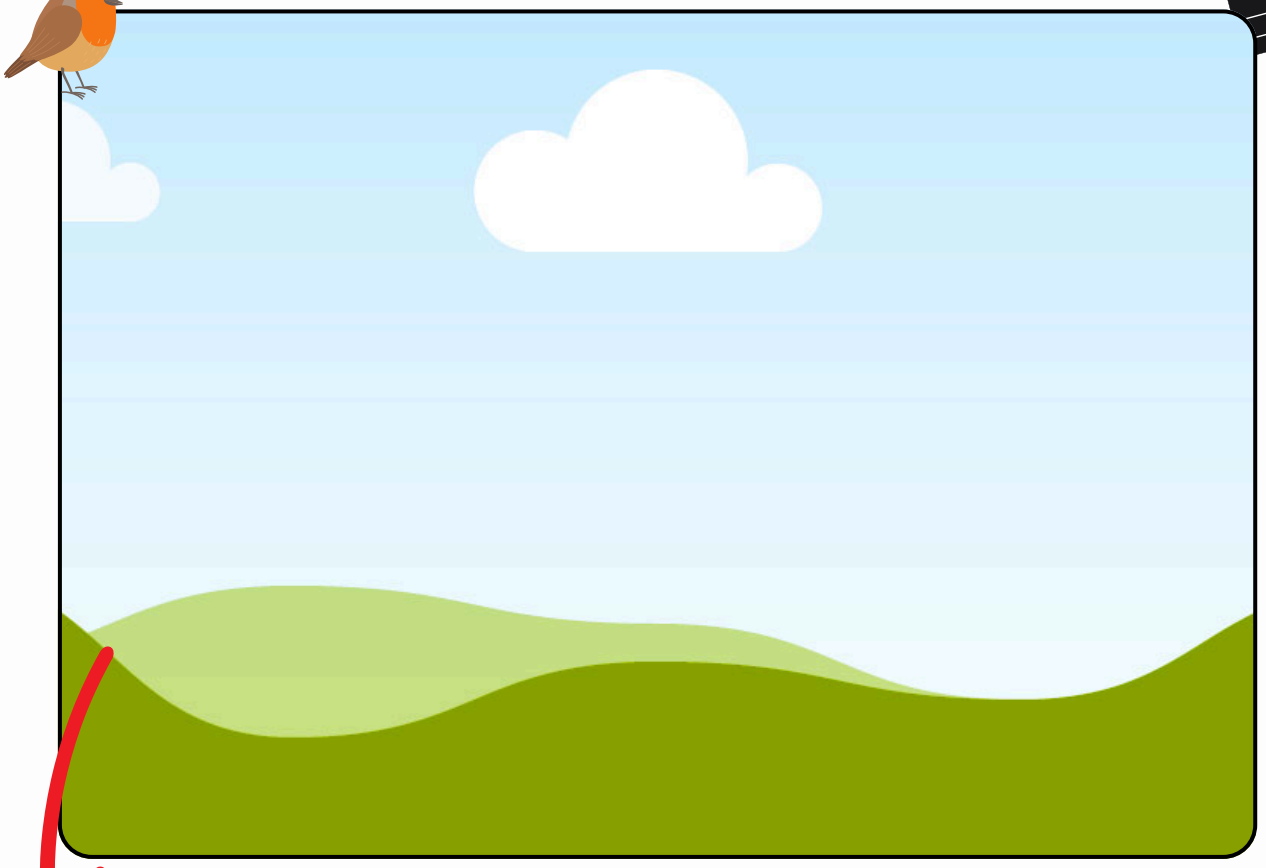
MY SDG#10 MULTICULTURAL SURVEY

Ask as many people in your community as possible to fill in a simple survey about their family heritage. Create a bar graph using the data and celebrate the diversity in your community with a day where all your friends come to school in traditional dress.

Our cultural celebration brought the whole community together

SDG#11 SUSTAINABLE FILM NIGHT

Invite the children and their parents into school to watch a film or documentary to inspire them to want to save the planet. Sell tickets, popcorn, and drinks, and donate the money to charity.



Our Poster

My Reflection

Money Raised

SDG #12 PLANT A GIFT

Plant a seed in a recylced coffee pot, take good care of it and give it away.

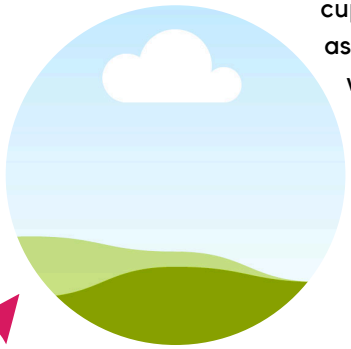
You'll Need

- A recycled coffee cup
- Potting soil
- A seed of your choice (e.g. a sunflower seed)
- A watering can or watering bottle

Step 1 - Fill the coffee cup with potting soil until it's about 2/3 full. Poke 3 holes in the bottom and make sure to leave enough room for the seed to set its roots.

Step 2 - Take the seed and place it on top of the soil in the coffee cup. Cover it with a thin layer of soil and tamp down gently.

Step 3 - Water the soil until it is moist but not soaking wet. Use the watering can or watering bottle to avoid drowning the seed.



Step 4 -Place the coffee cup in a sunny spot, such as a windowsill, where it will receive plenty of sunlight each day.

Step 5 - Check the plant each day, speak nicely to it and watch as the seed sprouts and grows into a beautiful plant!

Step 6 - Once the plant has grown and is healthy, give it as a gift to a friend along with a note explaining how you grew it and how to care for it.

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SDG#13 - A LETTER TO A WORLD LEADER

Your Letter here.....

DESIGN YOUR OWN SDG#14 T-SHIRT

First, design a logo to help people understand the importance of protecting the oceans. Next, demonstrate how the logo would look on a T-shirt. Finally, use Canva to create some products featuring the logo and take pictures of the finished products.

My Logo

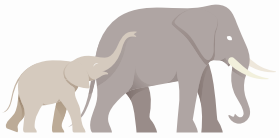
My T-Shirt

Product #1

Product #2

Product #3

MY SDG#15 INFORMATION REPORT



Choose an animal in danger of extinction and create an information report about that animal. Use the report to educate others about the need to protect our most vulnerable species.

INFORMATION REPORT

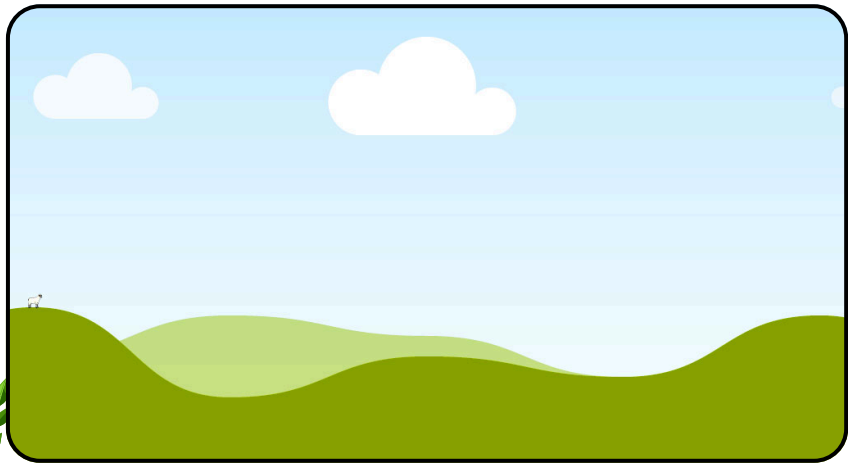
LOCATION

APPEARANCE

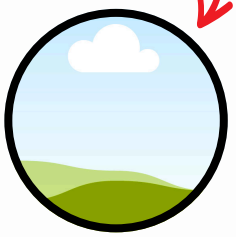
CRITICALLY ENDANGERED

DIET

REPRODUCTION



4 other animals in danger



animal name

animal name

animal name

animal name

OUR SDG#16 CLASSROOM VALUES

16 PEACE, JUSTICE AND STRONG INSTITUTIONS

Design a set of classroom rules that will not only benefit everyone but will also allow you to showcase what it means to be a good human being.

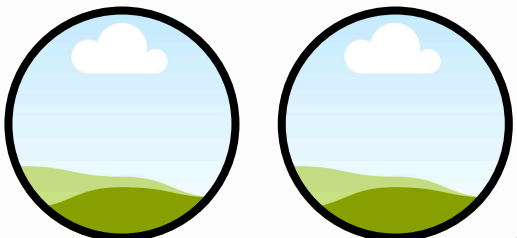
OUR CLASS VALUES

Our new guidelines in action

WRITING AN ARTICLE FOR SDG#17

Choose a newspaper or magazine and write an article about all the work you have done in this booklet and within your school. Try your best to get them to publish it.

DEAR EDITOR,



My Refelctions

Your reflection here.....

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