Educator Guide to Accompany the *Changemaker Action Journal*

In a world marked by constant and increasing change, we need young people prepared to be changemakers — collaborative leaders able to step up and solve problems for the good of all. The time for change is now, and the solution is more changemakers of all ages, geographies, and identities. As an educator, your role in educating and nurturing the next generation of changemakers is essential. Students must develop the skills not only to survive and thrive in the face of change but also to shape change in positive ways for our society and planet.

Around the world, changemakers are noticing injustices and inefficiencies and taking the initiative to address them. Changemaking projects can be far-reaching and complex, like building a powerful global movement to fight climate change. Changemaking can also be local and focused, such as reducing food waste in your school cafeteria. Your students may already be practicing changemaking in their communities.

HOW TO USE THE *CHANGEMAKER ACTION JOURNAL*

Journaling has become a mainstay in many classrooms because reflective writing encourages curiosity and metacognition. This particular journal — the ***Changemaker Action Journal*** (available as a PDF and slide deck) — was designed to inspire middle and high school students to speak up and take action as they refine their ongoing changemaking initiatives or take the first steps in their changemaking journeys.

PDF SLIDE DECK

We designed this resource to accommodate a variety of classroom and non-classroom settings and encourage educators and other youth-serving professionals to find creative ways to incorporate the *Changemaker Action Journal* into ongoing classroom activities, clubs, and other programming. Suggested uses include:

- classroom or program writing activity
- extra credit or enrichment activity
- service project
- extended assignment over holiday breaks
- a resource for students already doing changemaking work

You may select to do the following activity as a group before sharing the journal with students. This brief exercise encourages students to think critically about their identities, interests, and communities — an important step in grounding their changemaking work in their lived experiences. It's adapted from the free TED-Ed Student Talks resources, referenced again in the **Expansion Activities** section below.

GROUP ACTIVITY: THINKING CRITICALLY ABOUT IDENTITY AND COMMUNITY

KEY TAKEAWAY

David Foster Wallace shared a fable during a commencement speech at Kenyon College that demonstrates how we often aren't aware of how our day-to-day experiences might differ from those of others. The following allegory and accompanying exercise inspire us to think about our experiences — and those of others — with greater depth and empathy.

❶ DISCUSSION

Share David Foster Wallace's story:

"So there are two young fish swimming along together when an older fish swims by, turns to them, and says 'How's the water, kids?' and then keeps swimming. The two young fish look at each other, confused, and after a moment, one asks the other 'What's water?'"

As a group, discuss:

- Why are the two young fish confused?
- What does this story about the fish being unaware of their immediate surroundings teach us?
- What is an equivalent scenario for humans?

Encourage students to draw their own conclusions during the discussion as you guide them to possible responses, such as "Water surrounds the fish every day, and actually keeps them alive, but they don't notice it or pay attention to it."

Continue exploring the water analogy:

- How can the story be interpreted on a deeper level?
- How are our environments, lifestyles, identities, and lived experiences like the water we swim in or the air we breathe?
- What are some examples of "air" in our modern world? (e.g., technology)
- What are the advantages and disadvantages of not seeing the "air" all around us?
- How do you connect with the story on a personal level?

❷ SELF-REFLECTION

Once students have discussed and reflected on the fish story, transition to an optional writing exercise that will help them focus on the unseen or unnoticed world around them — the cracked sidewalk that's been there so long it doesn't register as a problem or their passion for singing that doesn't register as a talent because it feels like second nature.

Use these prompts to guide students to explore their water:

- Small things that bring me joy are…
- Something that annoys me is…
- I know a lot about…
- A topic I could talk about for hours is…
- A place I often visit is…
- My favorite activity is…
- It's hard for me to…
- People who know me describe me as…
- I'm proud of…
- I've failed at… and recovered by…
- A time I showed leadership was…
- I wish I could improve at…
- If we stopped doing…, we could change…
- The impact I could have on others on a local, national, or global level is…
- A time or event that changed my life or the way I think about something is…
- My community could teach other communities about…

SHARE THE *CHANGEMAKER ACTION JOURNAL* WITH STUDENTS

Now that students have spent some time thinking about their communities — the water they swim in — they are prepared to dig deeper into the work of noticing the issues around them and finding and implementing solutions. Share the ***Changemaker Action Journal*** with them so they can complete the brainstorming and self-reflection activities and start planning their next changemaking project.

PDF | SLIDE DECK

EXPANSION ACTIVITIES

TED-ED STUDENT TALKS

REGISTER YOUR ORGANIZATION/SCHOOL ON THE TED-ED WEBSITE TO ACCESS THE FULL CURRICULUM.

For students who are ready to share their changemaking projects with the public — both their identified issues and proposed or ongoing solutions — use these expansion activities created by TED-Ed to help them practice their storytelling and delivery. These activities are a part of the larger, free TED-Ed Student Talks resources. TED-Ed Student Talks help young changemakers develop key skills: how to give and receive feedback using the "4 playing card suits method," how to tell a descriptive story that connects with the audience on an emotional level, and how to share personal details to build credibility — with the ultimate goal of sharing their changemaking ideas as part of a talk before an audience.

SHARE YOUR FEEDBACK ABOUT THE *CHANGEMAKER ACTION JOURNAL!*

As we continue to develop resources as part of the Time for Change initiative, we welcome your feedback and suggestions. Please share your experiences using the Changemaker Action Journal and other Time for Change resources in your classrooms and programs.

TIME FOR CHANGE YOUTH CHALLENGE

After sharing the Changemaker Action Journal with students, encourage them to apply for the Time for Change Youth Challenge! Your students see problems every day, and noticing problems is the first step! After students complete the activities in the Changemaker Action Journal they are ready to think of solutions, take action, and share their progress.

Educators, join your students on this journey. Bring the Time for Change Youth Challenge into your classroom and support young people as they generate new ideas that can make a big impact in their worlds.

EXPLORE THE TIME FOR CHANGE RESOURCES

The *Changemaker Action Journal* is the latest resource in the Time for Change series, which also includes the following:

[Time for Change: An Introduction to Changemaking]

[Inspiring Young Changemakers: Educator Guide]

[Using Books to Teach Empathy and Inspire Young Changemakers]

Key Ability Time Saver Series:

[Empathy]

[Teamwork]

[Leadership]

[Changemaking Action]

Incorporating Changemaking into...

[Health & SEL]

[The Arts]

[STEM]

[Social Studies]

Inspiring Young Changemakers: VIDEO SERIES

ABOUT ASHOKA

Ashoka is the largest global network of leading social entrepreneurs — individuals with new ideas to systemically address the world's biggest challenges and the entrepreneurial skill to transform those ideas into social impact. Over 40 years, Ashoka has supported more than 3,600 social entrepreneurs in more than 90 countries with solutions addressing society's most pressing issues. Ashoka's vision is a world in which Everyone is a Changemaker — a society that responds quickly and effectively to challenges, and where each person has the freedom, confidence, and societal support to address any social problem. For more information, visit www.ashoka.org.

ABOUT AUDEMARS PIGUET

Audemars Piguet is the oldest fine watchmaking manufacturer still in the hands of its founding families (Audemars and Piguet). Based in Le Brassus since 1875, the company has nurtured generations of talented craftspeople who have continuously developed new skills and techniques, broadening their savoir-faire to set rule-breaking trends. In the Vallée de Joux, at the heart of the Swiss Jura, Audemars Piguet has created numerous masterpieces, testament to the Manufacture's ancestral savoir-faire and forward-thinking spirit. By pushing the boundaries of what is possible and building bridges between different creative worlds, Audemars Piguet has been able to explore new horizons and build an inspired community.
Seek Beyond. – www.audemarspiguet.com.

ABOUT FIRST BOOK

Education transforms lives. First Book is building a world where every child has access to a quality education. We work to remove barriers to education and level the playing field for kids in need. At the heart of our work are the more than 600,000 members of the First Book Network, the largest online community of individual educators, professionals and volunteers dedicated to supporting children in need across North America. This Network is the key to creating systemic change. Through our research arm, First Book Research & Insights, we conduct studies that aggregate their voices to identify barriers to equitable education and inform strategic solutions. To address their needs, we provide free and low-cost books, resources, and access to leading experts through the First Book Marketplace, which uses aggregated buying power to support this underserved community. Founded in Washington D.C. in 1992 as a nonprofit social enterprise, First Book is dedicated to eliminating barriers to learning and inspiring young minds. Learn more at firstbook.org and visit our award-winning eCommerce website at fbmarketplace.org.