

Activity Sheets

Key Stage 2 / 3

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Introduction

About the Book

Making changes that help make the world a fairer place can feel overwhelming.

Where do you even start? Well . . .

Small actions really can make a big difference!

In this inspiring guide, changemakers, sisters and founders of Everyday Racism, Natalie and Naomi Evans, give readers empowering advice for dealing with the issues we see, hear about and face every day, from racism and sexism to homophobia and ableism, providing you with achievable everyday actions to create change!

Tips for practising positive everyday mindsets and self-care before things get stressful make this a go-to book for feeling informed, positive and motivated too.

Join us on our journey to creating sustainable change, one small step at a time.



Anti-Racism

Step 1

Natalie and Naomi’s everyday experiences of racism led them to become changemakers. They set up their platform EVERYDAY RACISM to educate people and spark change. In order to make change, we must actively be **anti-racist**.

First of all: **what is racism?**

'The simplest way to understand racism is this: it's when someone is discriminated against because of the colour of their skin, their culture or the language they speak.

Breaking it down into three categories can be helpful to figure out what kind of racism you are dealing with, and then to work out what steps to take to be anti-racist when you tackle it.'

Page 57, *Everyday Action, Everyday Change*

Fill in the below definitions of the different categories of racism. Refer to pages 57–61 of the book to help you.

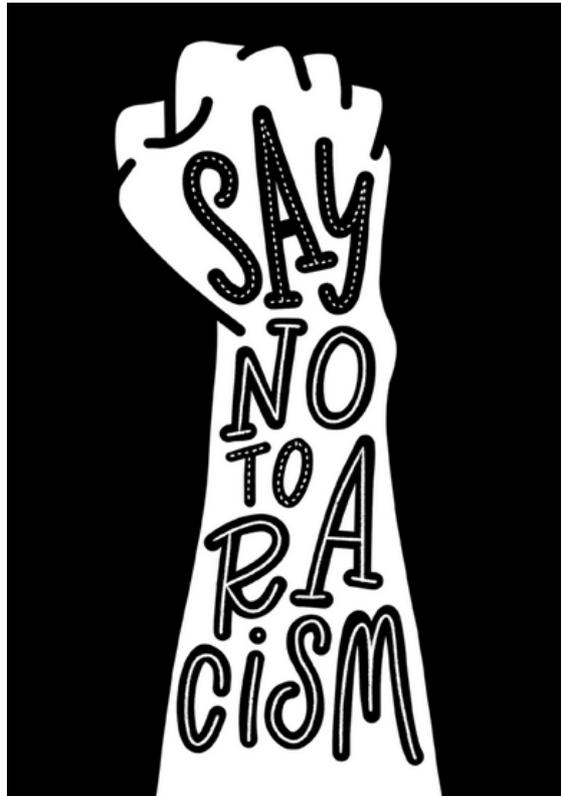
Category of Racism	Definition
Individual Racism	
Systemic Racism	
Internatlised Racism	



Anti-Racism

Step 2

Now that you know more about the different categories of racism, it is easier to consider how to become an anti-racist. In the space around the below illustration, write down some ways that we can become an ally and actively say no to each category of racism. Use chapter two of the book to help you.



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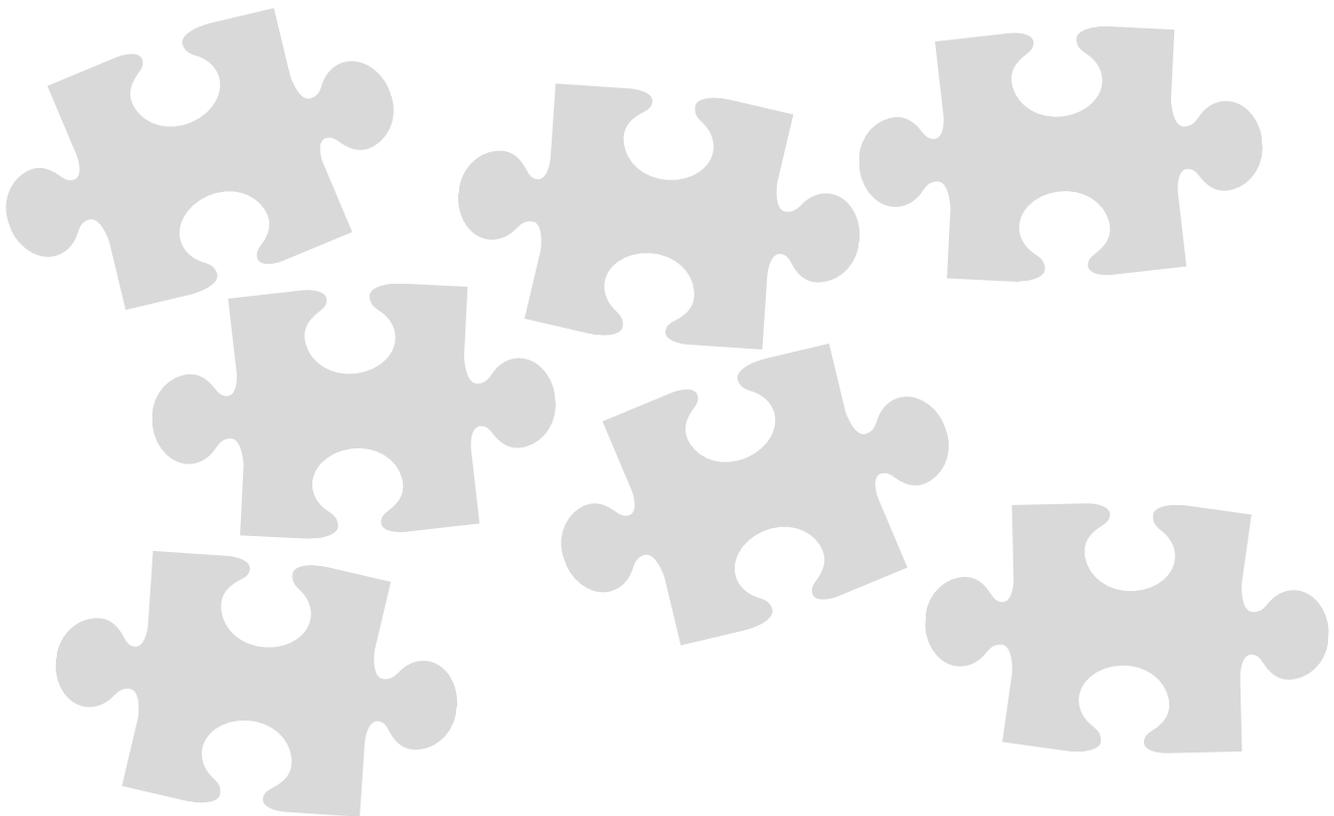
We Are All Different

Step 1

'You may not believe it, but there **ARE OVER EIGHT BILLION PEOPLE ON THE PLANET**. Yes, that's a lot of people making their way around the Earth, living their lives. And one of those people is **YOU!** What's more is that no one is the same as you! We're all one of a kind, but what is it that makes you, you? What makes us different from each other?'

Page 31, *Everyday Action, Everyday Change*

Celebrate the different things that make you, you! Use the puzzle pieces below to show the different elements of your identity. You can include single words, descriptive sentences or drawings. Use the prompts on page 31 to help you.



'In this puzzle, as you go through life, you may swap some pieces out and replace them with something else, and that's absolutely fine. It is a puzzle that does not have to keep the same pieces to be complete.'

Page 32, *Everyday Action, Everyday Change*



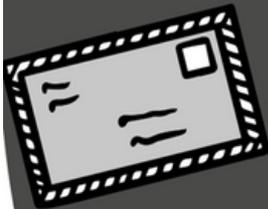
We Are All Different

Step 3

Developing empathy is a powerful way to help create change in society and to support people who are discriminated against.

EVERYDAY ACTION

Is there someone you know who is facing discrimination? Maybe it's a friend at school who is being picked on? Or a family member? Or is it someone you heard about on TV?



Why not do something nice for them to let them know that you support them and care about them? **It could be writing them a letter to cheer them up.**

Whatever it is, spend some time thinking about what you can do to make someone **smile** today.



Use a separate piece of paper to write a letter that would **make someone smile!**

Bonus Activity

Spend five minutes learning something new about one of your classmates. Can you find something you have in common and something that makes you different? Talking and listening to one another is a brilliant way to develop empathy!



Become a 'Changemaker'!

Step 1

Read about some of the changemakers included in the book. Create mini-biographies for the ones who inspire you most. You could choose Martin Luther King Jr (page 82), Alicia Garza, Patrisse Cullors and Ayo Tometi (pages 87–88), Ruby Bridges (page 101), Malala Yousafzai (page 126) or anyone else who inspires you!

Name:

What did/ do they want to change?

What was/ is their 'superpower'?

How did they use their superpower?

Why do they inspire you?



Become a 'Changemaker'!

Step 2

Answering the below questions will help you identify how YOU can be a changemaker too! It may help you to refer to Natalie and Naomi's responses on pages 24–26 of the book.

WHAT WORDS MAKE YOU, YOU?

Think of or write down the first five words that pop into your head.

WHAT IS YOUR SUPERPOWER?

We don't mean flying like some sort of superhero! We are referring to what is unique about you. It could be something that makes you different. Or it could be something you really like about yourself.

HOW COULD YOU USE YOUR SUPERPOWER TO HELP CHANGE THE WORLD?

This may seem like a really big question, but remember, no one else has to see this answer, so you can write whatever you want, even if it may seem absurd! It can be bold, it can be small – whatever you feel comfortable with.



Become a 'Changemaker'!

Step 3

There are lots of different ways to begin your journey as a changemaker. We have included some examples below to get you started, but why not add your own ideas?

How many actions can you complete over a week, a month, a term or a year? Write your own list and work through this at a timeframe of your choice.



Complete the *Everyday Action, Everyday Change* activity sheets



Safely raise money for a good cause that you are passionate about (see page 105)



Organise a culture day at school (page 92) or join a community project in your area (see page 106)



If you witness discrimination, speak out or report it safely to someone you trust (see pages 119 & 125)



Write a letter to your local MP about an important issue (see pages 152–153)



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