

CHRISTMAS CHANGEMAKERS

Time: 20–30 minutes

You will need:

- Postcards or pieces of card
- Pens
- Colouring pens
- Envelopes if we need them.

What's this about?
Sometimes being kind means helping somebody.
Sometimes it means asking why they needed help in the first place.
Ambrose was pretty good at that second bit.
This activity is about using our voices to ask for change.

What to do

1. Choose something that matters
Together, think of something that doesn't sit right with you.
It could be homelessness, food poverty, loneliness, refugees, the environment, bullying, access to services or something very local to us.
Choose one issue to focus on.

2. Work out who needs to hear it
Who has the power to make a difference?
It might be an MP, local councillor, business, supermarket, school, parish or another organisation.
Decide who our postcards are going to.

3. Write our postcards
Each participant takes a postcard or piece of card.
We only need three things:
WE'VE NOTICED… What is happening?
WE THINK… Why does it matter?
COULD YOU…? What would we like them to do?
Keep it polite, clear and in your own words.

4. Make them personal
Decorate the other side. Make them Christmassy, colourful or keep them simple.

5. Send them
Read a few aloud before you finish.
Then comes the most important instruction on the sheet: **actually send them!**

Because speaking up doesn't always mean having the loudest voice in the room.
Sometimes it just means deciding not to be silent.