



Changemaker 2020 Challenge: “Say Something!”

This month, the Lower School is learning about what it means to be a changemaker, to “say something” with words or actions to make a difference. Changemakers use big words, like those of Dr. King, or small actions. Check out these 20 little ways to be a changemaker in 2020. Try to do about one a day, in any order. (Write the date completed next to each item on the list.)

1. Do something kind for a friend
2. Do something kind for a family member
3. Ask a parent/caregiver about a changemaker in your family or friend group
4. Tell someone a joke or a funny story to make them laugh
5. Spend a quiet moment outside in nature
6. Thank a family member for something they’ve taught you or helped you with
7. Give someone who works at school a high five, handshake or hug
8. Pick up 5 pieces of trash in a place that you appreciate (school, home, etc.)
9. Help another student in another grade or class
10. Share your Changemaker Brainstorm ideas with someone in your grade
11. Do something nice to make your family smile and feel appreciated
12. Write a thank-you note or draw a picture for a classroom teacher (past or present)
13. Write a thank-you note or draw a picture for a specialty teacher
14. Help your family with dinner (prep, cooking, set the table, cleaning up, etc.)
15. Introduce yourself to another student you don’t know (in another grade)
16. Ask people in your family to share examples of changemakers in history
17. Read a book about a changemaker you’d like to learn more about
18. Do a chore at home that you don’t normally do
19. Find an inspiring quote from a changemaker (famous or lesser-known)
20. Think of your own way to be a changemaker and “say something!” to make a difference