

# SMALL CHANGES, BIG IMPACT



## Part 1 Changemaker Self Quiz – Change Starts with You!

We may be young, but our words and actions are still powerful. Are you on the road to making small changes that make a difference? Take this quiz to find out!

Mark each statement as YES or NO. Each YES answer = 2 points, NO answer = 0 points.

Action	Yes	No
1. I pack a waste-free lunch at least once a week.		
2. I remind my parents to take reusable grocery bags for shopping.		
3. I reuse my bathroom towel instead of putting it in the dirty clothes after one use.		
4. I shop for healthy snacks with the least amount of packaging.		
5. I like to shop at thrift stores.		
6. I like to create art from recyclable materials.		
7. I recycle plastic, paper, glass, and metal at home.		
8. I stop to think about whether I really need something before I ask my parents to buy it.		

My Score:

0-2 points: Add more daily habits that help make a difference!

4-6 points: You are on your way to becoming a Changemaker!

6-8 points: You're a Changemaker pro, just like Jane!

## Part 2 It's Time to Take Action!

Decide on one small change you can make and practice it for one week to make it a habit. Then, just like that, you've made a change that makes a difference!

I pledge to use less resources for at least one week by \_\_\_\_\_

(action)

## Part 3 Changemaker Project

What are some of the ways your class may be using too many resources at school? Brainstorm ideas with your group. Then create a plan for a project your class can do together that will help you use fewer resources at school. Use the back of this sheet to describe the following:

- Our plan
- Motto or quote we will use for our campaign
- Badge or logo design for our campaign

Once done, work as a team to put your plan into action!

