

CHANGE IN A BOX: EDUCATOR PACK

‘Change in a Box’ is a creative resource that promotes active citizenship. It is a technology-free exploration of history, activism, and arts & crafts. It is intended for 14-19 year olds (or young people up to the age of 25 with a disability).

Kits come with a printed book, introducing stories from history that made the world a fairer place. A creative activity accompanies each story. Instructions and pre-prepared materials are all included. Change in a Box also offers advice about how we can all contribute to social change and provides links to further resources.

STORIES

1. **United and Hungry.** The story of Marcus Rashford and free school meals.
2. **Power in a Union.** The story of Lesbians and Gays Support the Miners, during the 1984 strike.
3. **Bristol Drives Change.** The story of the Bristol Bus Boycotts, and a concise history of Britain's relationship with racism (including the Atlantic Slave Trade and Empire Windrush).
4. **Here Come the Girls.** An introduction to gender equality and suffrage.

ACTIVITIES

1. **Pride pendant.** Learners use a wooden heart to paint a design which can be turned into a keyring or pendant.
2. **Vintage gold leaf journal.** Learners experiment with gold leaf to create their own journal design.
3. **Block print poster.** Learners use block printing techniques to produce a poster.
4. **Letter to the future.** Learners are encouraged to write or draw a message of hope for the future.
5. **Recycled mini-planter.** Learners mould a planter using paper, a magnet, and seeds.

Materials provided:

- Cardboard and coloured paper
- Wooden heart and letters
- Paint sample pots, marker pen, and PVA glue
- Paintbrush and sponge
- Gold leaf
- Journal
- Ribbon
- Cress seeds
- Magnet
- Wristband
- Stickers

ADVICE

1. **Listen and learn.** This section encourages learners to continue their journey, linking to the work of other organisations.
2. **Act.** Learners are introduced to the idea of petitions, writing the Members of Parliament, writing to a corporation, and taking part in community service activities.
3. **Post.** Advice for using social media, including how to identify if a source is reliable.
4. **Speak.** This section provided tips for having difficult conversations with loved ones.
5. **Remember.** This is a concluding paragraph to ensure that young people know how to recognise and avoid burnout.

Organisations/website pages which are referenced in this section of the kit:

- The Mix
- United Nations Global Goals
- Young Minds
- Greenpeace
- Trussell Trust
- Princes Trust
- Child Poverty Action Group
- Historic England
- Girl Guides
- Young Stonewall
- UK Youth: Young and Black

MATERIALS

None of the equipment in this kit is intended for internal use, and some small parts are included. Learners should take care to keep the materials away from their eyes and mouth. Keep away from children.

This kit contains non-toxic, child-friendly poster paint and PVA glue. Learners should not use this kit if they are allergic to poster paint or PVA glue. In particular, be aware that the following ingredients are used in some of the kit items:

- Silicone (wristband)
- Copper (gold leaf)
- Polyethylene plastic (paint and glue pots)

Warning stickers are used on the paint, glue, and seeds to remind learners to keep these away from their eyes and mouth. Sharp objects, such as pencils or scissors, are not included in the kit.

CONTENT

The case studies included in this kit are all true stories, and they result in things getting better. During the journey of each story, the events described sometimes cover themes which could be upsetting. Any upsetting content is purposefully never described in detail. Learners are reminded that they should stop reading at any point if they feel upset. The case studies reference the following topics/themes:

- Poverty and COVID-19
- Racism and slavery
- Homophobia
- Sexism
- Mental health
- Protests which resulted in injury or death

Readers (or parents/guardians/carers if under 18) should also be aware of one instance of outdated language: One case study introduces a campaign group from history called 'Lesbians and Gays Support the Miners'. Their story focuses on a fundraising concert in 1984 which was named 'Pits and Perverts'. This kit uses the name in full, and offers context, so readers understand the use of the word 'pervert' during that time.

STYLE

The magazine is A5 in size, using high-contrast between text and background colours. Pages are printed on matt paper for increased legibility. All written content has undergone readability tests, with scores between 60 and 70 ("Easily understood by 13- to 15-year-old students"). Text in the magazine is formatted for optimum text-size, line-length, and line-height.

The craft materials are tactile, and no two materials feel exactly the same. Where textures might be similar, different sizes are used to aid differentiation.

All articles are available to stream online in an audiobook format for free. Learners are signposted to a website where they can listen to the kit read aloud. This includes the use of a braille sticker, on the front of the magazine, directing learners to the same website.

Articles are approximately 1,500 words, and can be read or listened to in around fifteen-minutes by most learners.