TIME FOR CHANGE:
DREAM. ACT. CHANGE OUR WORLD.

Changemaking is a mindset and an approach to life that addresses today's pressing challenges and injustices through the application of four key abilities: conscious empathy, teamwork, changemaking leadership, and changemaking action.

ABOUT THIS SERIES

Developed based on feedback from First Book educators, this series of tip sheets offers guidance about incorporating changemaking into various subjects and settings. Refer to the featured tips, booklists, and activities for cross-curricular connections that help students understand how the skills they’re learning in the classroom can help them thrive as changemakers in their communities.

ABOUT THIS TIP SHEET

This tip sheet offers practical guidance and strategies for incorporating the changemaking abilities and a changemaker mindset into health & SEL classes and lessons.

This guide includes:
• best practices
• suggested reading
• “sparks” to ignite changemaking
• lessons, activities & other educational resources
• inspiring stories of young changemakers

This tip sheet offers simple tips and versatile resources to help you instill a changemaking mindset in students as they learn about the importance of health and wellness and develop critical social-emotional learning skills.

National Health Education Standards

Students are expected to think beyond their personal health and well-being and explore the connections between individual health, community health, and health equity. Incorporating changemaking into health, physical education, and social-emotional learning involves fostering a lifelong commitment to personal well-being, social responsibility, and community engagement.

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Of all the forms of inequality, injustice in health is the most shocking and inhumane.

Martin Luther King Jr.
BEST PRACTICES: HOW TO INTEGRATE CHANGEMAKING INTO HEALTH & SEL

Incorporating changemaking into health, physical education, and social-emotional learning curricula can significantly enhance students’ understanding of themselves and empower them to become agents of positive change.

SERVICE-LEARNING ART PROJECTS

- Organize service-learning projects where students plan and execute events like charity runs, sports tournaments, or fitness challenges to raise funds or awareness for health-related causes or community needs.
- Encourage students to identify issues — such as childhood obesity, mental health, or accessibility to sports facilities — and develop action plans to address them through physical activity and community engagement.

ENVIRONMENTAL SUSTAINABILITY INITIATIVES

- Integrate environmental sustainability into physical education classes by incorporating outdoor activities, eco-friendly practices, and discussions about the impact of sports and recreation on the environment.
- Engage students in projects such as community clean-ups, recycling initiatives, or habitat restoration that promote environmental stewardship and raise awareness about the interconnectedness of human health and the environment.

SPORTS-BASED SOCIAL JUSTICE EDUCATION

- Explore the intersection of sports and social justice by discussing topics such as gender equality, racial equity, or inclusion in sports.
- Analyze historical and contemporary examples of activism in sports and encourage students to reflect on how they can use their passion for sports to advocate for positive change and address social injustices within their communities and beyond.

HEALTH PROMOTION CAMPAIGNS

- Empower students to design and implement health promotion campaigns that focus on topics such as nutrition, physical activity, injury prevention, or mental health awareness.
- Provide opportunities for students to conduct research, develop educational materials, and deliver presentations or workshops to their peers, families, or the wider community, promoting healthy behaviors and lifestyles.

Health habits and wellness practices begin at home. Share expert-informed resources from The Kids Mental Health Foundation with parents and caregivers.

7 Ways to Cultivate Happiness
Learn how to help kids cultivate happiness to improve their moods and their health.

Coping with Strong Emotions
These activities help caregivers teach kids how to better regulate their strong emotions.

Bullying Basics: What to Know, What to Do
Learn about the different types of bullying and how to teach kids to be upstanders.
The First Book Marketplace offers diverse, inclusive books that help students learn how to care for themselves and each other.

### Self-control and Mindfulness

First Book’s Self-control and Mindfulness category offers titles that activate mindfulness practices and self-regulation. According to the National Institutes of Health (NIH), stress, mental health concerns, and behavioral issues have been elevated since the COVID-19 pandemic. Helping students reduce stress levels and practice self-regulation skills improves learning and social skills. Self-control enables children to regulate their emotions and behaviors, which allows them to respond empathetically to others.

### Health & Wellness

From stories about children living with specific illnesses or conditions to descriptions of the health care system, the books in First Book’s Health & Wellness section touch on the mental, emotional, and physical effects of injury and illness. You’ll also find books that relate to changemaking and discuss structural inequalities in health care and the difficult decisions some families must make given the high cost of treatment.

### Social & Emotional Learning

The social-emotional learning books and resources available on the Marketplace are perfect for starting conversations, complementing activities, and engaging students. From helping kids identify and name their feelings to helping you promote empathy and mutual respect, these resources support students as they develop the skills they need to become and remain emotionally and mentally healthy.

### Sports & Recreation

The Sports & Recreation category offers inspiring fiction and nonfiction stories featuring athletes of all ages and abilities who dream big, practice teamwork and leadership, and make a positive difference in their communities.

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**Shop the First Book Marketplace!**

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**First Book**

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**Audemars Piguet**

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**Ashoka**
### SPARKS TO IGNITE CHANGEMAKING IN HEALTH & SEL CLASSES & PROGRAMS

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<tr>
<th>LOCAL HEALTH STATISTICS SNAPSHOT</th>
<th>HEALTHY SNACK BRAINSTORM</th>
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<tbody>
<tr>
<td>Share a quick overview of key local health statistics (e.g., obesity rates, diabetes prevalence) and discuss the impact on the community.</td>
<td>Ask students to quickly list healthy snack options that are affordable and available in local stores, raising awareness about nutrition accessibility.</td>
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<tr>
<th>ACTIVE TRANSPORTATION DISCUSSION</th>
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<td>Have a brief discussion about the benefits of walking or biking to school and the challenges students might face, such as unsafe routes or sidewalks.</td>
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<th>COMMUNITY FOOD DESERT MAPPING</th>
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<td>Show a map of the local area highlighting food deserts and discuss how limited access to fresh food affects community health.</td>
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<th>POLLUTION AND PHYSICAL ACTIVITY</th>
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<tr>
<td>Discuss how local air quality issues (e.g., smog or smoke from wildfires) can impact outdoor physical activities and overall health. Have students brainstorm ways to inform the community about unsafe air days.</td>
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Many of these sparks relate to climate change and other environmental issues that impact the health and safety of communities, including access to safe air and water. Explore First Book’s Build the Change series, which encourage students to innovate and take action around environmental issues.

For hands-on activities to teach students about climate change and biodiversity, use the Biodiversity and Climate Change Course Pack to support students in designing their own real-world solutions.

The Future Without Waste Course Pack encourages students to dream of and work toward a future where people and the planet exist in harmony. First Book’s accompanying educator guide offers additional activities and a recycling tip sheet that can be shared with families.
Use these resources to inspire students to become proactive agents of positive change, contributing to healthier and more resilient communities.

**ELEMENTARY SCHOOL**

**Together Counts: Healthy Decisions, Healthy Habits**

These three 40-minute lessons introduce the concept of holistic health. Students learn what wellness means and how the different components — physical, social, and mental/emotional — interconnect.

**FoodCorps**

FoodCorps provides hands-on experiential activities organized by grade, season, and theme to engage kids in learning about healthy food. The lessons are tied to national academic standards and were developed following Culturally Responsive Teaching, Place-Based Learning, and Social and Emotional Learning best practices and frameworks.

**Playworks**

Playworks helps kids stay active and build valuable life skills through play. Play can build leadership and conflict resolution skills and support academic success. Playworks offers a library of resources to help educators integrate play into their classrooms and school culture.

**MIDDLE SCHOOL**

**PBS Learning Media | Personal, Mental & Emotional Health**

Explore the many aspects of personal, mental, and emotional health with resources that encourage students to think about how changemaking movements can inform personal choices and improve community outcomes.

**The Kids Mental Health Foundation | Classroom Convo Starters**

These conversation starters, also available for elementary school students, help students develop empathy and reflect on their interests and passions. The first steps of changemaking are learning about issues that affect other people and communities and identifying personal strengths and interests that could be harnessed to address those issues.

**HIGH SCHOOL**

**The Health Teacher | 12 Grab & Go Projects for Health**

The Health Teacher offers plug-and-play, project-based health and wellness activities that feature public health issues of interest to young changemakers. After researching topics like stress management, bullying, or school lunch nutrition, students can create awareness campaigns, circulate petitions, and take other actions to address health disparities affecting their schools and communities.

**Protecting Teen Mental Health | Facing History & Ourselves**

Depression, self-harm, and suicide rates have been rising among adolescents and young adults over the last decade. This lesson helps students understand some of the causes of this trend and consider ideas for how school-based changemaking initiatives can promote students' well-being.

**EDUCATOR RESOURCES**

**Resources for Teachers and Coaches | The Kids Mental Health Foundation**

The Kids Mental Health Foundation offers toolkits and lessons for educators about important wellness and mental health topics, including belonging, identifying and expressing emotions, and suicide prevention.

**Taking Care: An Educator Guide to Healthy Habits for Student Emotional Wellness**

Developed in response to First Book educators’ concerns about the mental health challenges faced by students, this guide contains best practices and activities to optimize mental fitness and emotional resilience and decrease stress and anxiety.
INSPIRING YOUNG CHANGEMAKERS

Stories of young changemakers working to improve health outcomes and well-being can inspire students to identify physical and mental health issues in their communities and brainstorm sustainable solutions.

Rosheen and Eleeza are the first hijabi football referees in Wales. In a sport often dominated by tradition, they are breaking barriers and increasing representation.

Hannah and Nariyah, students at a Navajo Nation public charter school, created a community garden that produces healthy, home-grown food for local families.

Hannah battled depression because of bullying and harassment. To help others experiencing similar challenges, she and her brother built an app that alerts friends and family when someone is in crisis.

After meeting a friend’s brother who loved to play soccer but was excluded from the team because he has Down Syndrome, Josh became determined to find a way to include all children in the game he loved.

ABOUT TIME FOR CHANGE

Time for Change: Dream, Act, Change Our World is a joint initiative between Ashoka and First Book, made possible by Swiss Haute Horlogerie manufacturer Audemars Piguet.

In our world of accelerated change, everyone — regardless of geography, race, or socio-economic background — needs to respond to injustices and inefficiencies and take action to create change for the common good. The goal of the Time for Change initiative is to help educators incorporate a changemaking mindset into their schools and nurture the young changemakers in their classrooms and programs.

Explore the complete collection of Time for Change resources, including the Inspiring Young Changemakers video series, on the First Book Marketplace.