

Giving with Squeezy

To help learners understand the impact of giving.

Ages

11-18 Years Old

Duration

20 Minutes

What You Need

Pen and paper for brainstorming your ideas.

Learning Objectives:

Learners will learn about how you can support local charities, designing a giving scheme and how giving can be good for your own personal mental health and wellbeing.

- All learners will reflect on the impact giving can have on personal mental health and wellbeing.
- Most learners should try to understand how to create a giving scheme.
- Some learners can absorb the power of giving. Think about whether it's something you want to continue to do.

Activity:

Welcome to 'Giving with Squeezy'. There are many ways learners can support local charities. One is to raise money for them so that they can best manage the necessary impact they can achieve with more funds. Learners may need to hire a person to help or buy a new piece of specialist equipment. Therefore it is more productive to aim to raise money for a charity than think of other way you can help them.

You can find some fundraising tips at www.justgiving.com

Alone or in small groups learners will first research and select a local charity they would like to support. Perhaps learners or someone they know has a link with a local charity or learners can research online to look for one they feel a connection with.

Once decided learners will brainstorm ways they could raise money for the charity. Creating a spider diagram of these headings. Sponsorship, fundraising event, volunteer, raise awareness, sell items. Then continue to write ideas for things they could do within these headings. Such as a bake sale, doing some gardening for someone or selling some tie dyed t-shirts.

It is important to note that depending on the method of fundraising appropriate supervision may be required. You must ensure you follow your own Safeguarding policy to ensure this is monitored and carried out safely.

Reflection:

After the session learners reflect on how they felt when researching the local charities. Were they surprised how many there were? Did they feel sad? Did they feel motivated by empathy? Encouraged to do more? Then they reflect on the ideas they generated. The endless possibilities of creative ways they can help in their own way alone or as part of a team. Now get out there and start supporting your local charity of choice.

