

# Smile

## We care

Activity



# Smile We care

Realising the needs  
in our community

We all woke up this morning and will go to bed tonight, but we'll never have today again. Today we can make a difference, we can play our part in helping those around us.

As others wake and begin their days they will be facing all sorts of different things on their plates, some causes for celebration and happiness, for others life may have dished up challenges and problems they are struggling to overcome. Today is a chance to **LOOK, LISTEN** and **LEARN** more about the needs on people's plates around us.



## Look

Take a look at those people closest to you, your family, friends, neighbours, think about the changes affecting them, the issues, challenges and needs and make a list of what kind of things these may be. They may range from loneliness and isolation of elderly neighbours and relatives, to concerns about the environment, mental health, safety and poverty.

As you walk to the shops and visit friends, take a broader look at what's going on around you and think about the stories playing out behind every door you pass. Add to your list by reading your local newspaper, researching charities in your area and asking people who may know more about your local community, such as family members and friends, neighbours, teachers, volunteers and community leaders about what kind of things are issues from their point of view.

To explore these needs further and add to them, take a look at the plates on the following pages which may help you identify some of the broader issues and challenges people in your community are facing.

Once you feel you have got all your ideas on your list, pick one or two plates or issues that you particularly care about and are meaningful to you, things you would like to do something positive about.

## Listen

Having selected one or two community needs you feel passionate about, it can be helpful to understand these in a little more depth, e.g. who's involved with this locally and how you can make a lasting difference. The best way to do this is to speak to people directly involved or help out and find out more about what is happening locally. Consider asking the following questions:

WHAT is the genuine need?

WHY has this need arisen?

WHO else is helping out?

WHERE can you make the greatest difference?

WHEN can you start to make a difference?

## Learn

Think about all the information you've found out, experiences you've had and wisdom you've gained through your creative research and conversations. If working with others, discuss and talk about where you can collectively make the greatest difference, and whether working as a team or individually, complete the following sentence: 'We care about...'



Emotional wellbeing



Bullying



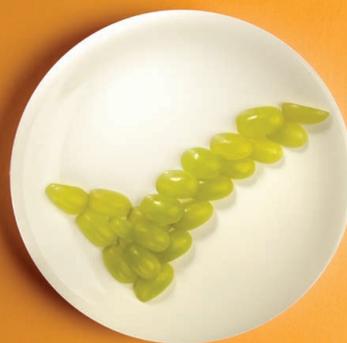
Relationships



Homeless



Loneliness



Health



Family



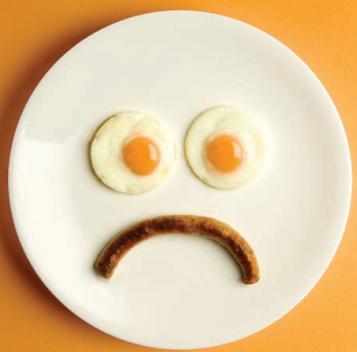
Difference



Loss



Poverty



Sadness



Purpose



Happiness



Cultures



Disasters



Ageing



Worry



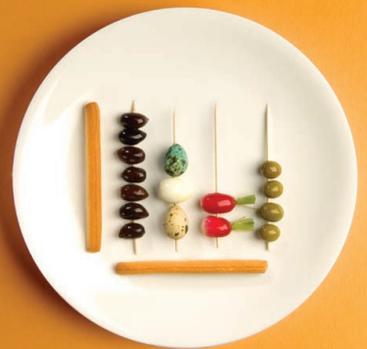
Broken



Learning



Difficulties



Equality



Environment



Conflict



Crime

Never doubt that  
a small group  
of thoughtful,  
committed  
citizens can  
change the world;  
indeed, it's the  
only thing that  
ever has.

Margaret Meade