

DESIGN for  
CHANGE



& present

# The **# DoGoodFromHome** Challenge



Calling on kids and  
teens to take the  
challenge!



Design for Change USA activates young people to create social change, aligned to the UN Global Goals, using a simple 4 step process: **Feel, Imagine, Do, Share.**



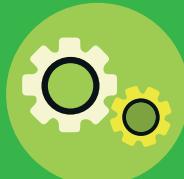
## FEEL

Identify the need



## IMAGINE

Get Creative



## DO

Make a Difference



## SHARE

Challenge Others

## The #DoGoodFromHome Challenge



While we are socially distancing, let's connect through kindness. Young people are using compassion and creativity to do acts of good from home, using the same 4 step process. Small acts can make a big difference through **The #DoGoodFromHome Challenge.**



For every kind act shared through **The #DoGoodFromHome Challenge**, **Hasbro** will donate a toy or game to organizations providing care to the children of COVID-19 essential workers, up to 25,000 toys and games.

# How is this pandemic impacting others?

Consider how the following people might be affected by COVID-19 and show them how much you care:



The Sick



Parents



Other Kids



The Elderly



Healthcare Workers



Experiencing Discrimination



Service Workers



The Recently Unemployed



Pet Owners



Delivery Drivers

The  
**#DoGoodFromHome**  
Challenge

# The #DoGoodFromHome Challenge



## FEEL

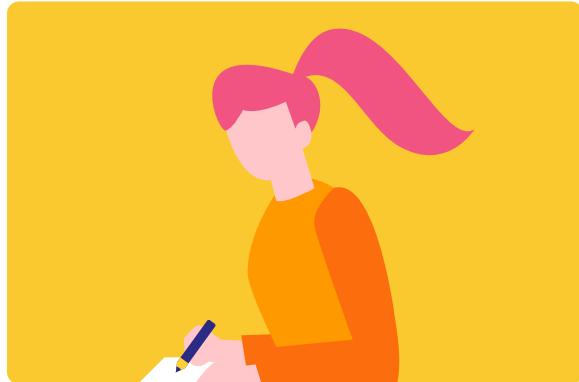


### 1. Identify the Need

**Connect!** Find out more about how this pandemic is impacting others through conversations, news clips or articles. Then, choose a community member or organization who is uniquely impacted.



## IMAGINE



### 2. Get Creative

**Brainstorm!** Jot down safe ways you could make an impact right now.



## DO



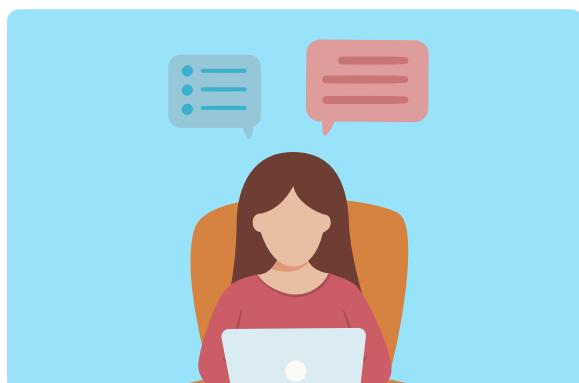
### 3. Make a difference

**Act!** Take action. Here are examples:

- Write a note of kindness
- Doing chores
- Sending a care package



## SHARE



### 4. Challenge Others

**Post!** Upload a picture or video of your action, using the hashtag **#DoGoodFromHome** and tagging **@dfcusa** or **@designforchangeus**.

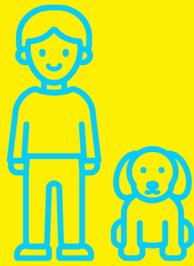
Challenge your friends to **#DoGoodFromHome**.

If you don't want to share on social media, you can email us your project at:  
**dogoodfromhome@designforchange.us**

**GET INSPIRED!**

**Walk your neighbor's dog.**

#DoGoodFromHome



**GET INSPIRED!**

**Order groceries for someone in need.**

#DoGoodFromHome



**GET INSPIRED!**

**Pick up trash on your daily walk.**

#DoGoodFromHome



**GET INSPIRED!**

**Support a restaurant through delivery.**

#DoGoodFromHome

**GET INSPIRED!**

**Unplug electronics not in use.**

#DoGoodFromHome



**GET INSPIRED!**

**Leave a potted plant on a strangers stoop.**

#DoGoodFromHome

**GET INSPIRED!**

**Make a craft to thank firemen & paramedics.**

#DoGoodFromHome



**GET INSPIRED!**

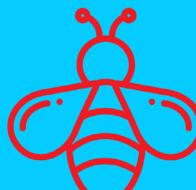
**Send get well cards to those who are sick.**

#DoGoodFromHome

**GET INSPIRED!**

**Sew masks and donate them to local hospitals.**

#DoGoodFromHome



**GET INSPIRED!**

**Create a bee friendly garden.**

#DoGoodFromHome

# Do More with Design for Change

Design for Change USA activates young people around social changemaking – by connecting them to community perspective and design thinking activities. Youth choose a social issue and listen to real voices through a corresponding Empathy Podcast. Then they engage in a series of design thinking activities.

Looking for more? ★ Start with an Empathy Podcast!



## Racialized Discrimination

Explore the impact of racialized discrimination that has manifested as a result of information and misinformation about the COVID-19 pandemic.

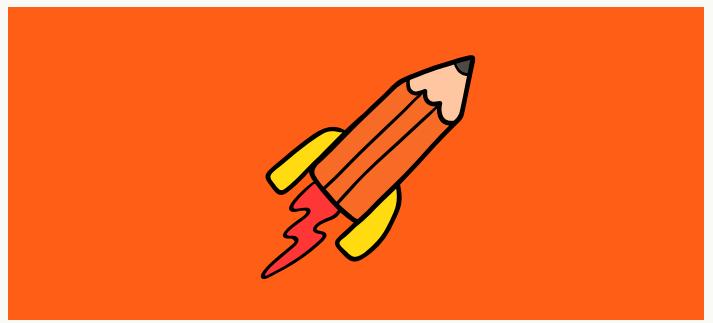
## Air Quality

Explore the impact of poor air quality on young peoples' experiences and the connection between air quality and COVID-19.

## Hygiene and Personal Safety

Explore the connection between hygiene and personal safety and their impact on health and well-being.

## Dig Deeper



## Empathy Warmup

Engage in a 1-hour Empathy Warmup that encourages reflection around the social cause highlighted in the Empathy Podcast.

## Design Sprint

Or engage in a 5-hour Design Sprint that walk through the Feel, Imagine, Do, Share process and results in an action plan for changemaking.

Please visit [www.designforchange.us/podcasts](http://www.designforchange.us/podcasts) to listen the podcasts and access activities.

# Our Partners



**YSA** powers **Global Youth Service Day**, the largest youth service and civic action event in the world. To find ideas and acts of kindness you can do from the safety of your home, check out this [great list of projects](#)! Don't forget to download the [Project Tipsheet](#) to help you choose a project that will be both fun and meaningful.



With [World's Largest Lesson](#), join millions of students around the world who are learning about the Sustainable Development Goals. Explore The World's Largest Lesson for free lesson plans, games and a host of other resources to help you get started.



[InnerView](#) is the leading youth social responsibility platform to help students, groups, and schools highlight community service impact, passion for causes, skill development and connect local effort to the UN Global Goals. Students are welcome to join tens of thousands of 14 to 24-year-olds who have discovered ways to get involved and developed dynamic Service Resumes through [my.InnerView.org](http://my.InnerView.org).



[Learning To Give](#) offers free activities and lessons plans to help you and your kids learn, connect, and give. With toolkits related to issue areas like the environment, literacy, civic participation, and disability awareness, you'll be sure to find content to engage, challenge, and inspire action for the common good.



For inspiring activities, ideas, and resources for children and families during COVID-19, check out [Kids for Peace COVID-19 Response Projects](#). You can also join the #LinkedByLove campaign to bring hope and create the world's longest recycled paper-chain of inspiration. [Click here](#) to learn more.

Welcome to **The #DoGoodFromHome Challenge!** Follow the four steps of this simple design process and develop an act of good you can do from home. You will listen to peer and community voices to develop a deeper understanding of an issue. Think creatively, take action and share that act of good to inspire others.



## Empathy Warmup: Connect to Others' Perspectives

In this stage, you will listen as people from around the country share their experiences and how they are impacted by this pandemic.



### You will take three steps:

1. Listen: Listen to the podcast.
2. Notice: Reflect on what you hear.
3. Focus: Choose a group you care about.

### 1. Listen



Visit this link to listen  
to the podcast  
<https://dfc.guide/dogoodfromhome>

*What do you hear people saying in this podcast?*

---



---



---

### 2. Notice

*What did you learn by listening to this podcast?*

---



---



---

### 3. Focus



Visit this link to learn more about the  
unique issues people are facing.  
<http://dfc.guide/care-groups>

*Based on your reflection above and your personal experiences, choose a group you care about.*



The Sick



Parents



Other Kids



The Elderly



Healthcare  
Workers



Experiencing  
Discrimination



Service Workers



The Recently  
Unemployed



Pet Owners



Delivery Drivers

**Extension:** Read more about the unique issues people are facing using the resources linked above. Who else might you talk to in order to learn more?





## Feel: Develop a Deeper Understanding

In this stage, you will learn more about the issue and consider the factors that might impact others.



### You will take two steps:

1. Reflect: Listen to the podcast.
2. Analyze: Reflect on what you hear.

### 1. Reflect

*Consider the group you chose, how might they feel about this pandemic? Why?*

---

---

---

*How did listening to the podcast make you feel? How did learning about the issue make you feel?*

---

---

---

### 2. Analyze

*What factors might contribute to this issue?*

---

---

---



## Imagine: Get Creative

In this stage, you will use what you know and what you learned to think creatively about an act of good you can do from home.



### You will take two steps:

1. Brainstorm: Think of all the ways you can do good.
2. Choose: Select an act of good to do from home.

### 1. Brainstorm

**Tip:** Set a timer for 3 minutes and try to jot down as many acts of good as you can.

*What acts of good can you do from home?*

### 2. Choose

*Circle the act of good you want to do from home.*





## Do: Make Your Idea Real

In this stage, you will take action!



You will take three steps:

1. Name: Name what you are going to do.
2. Plan: Consider what you might need.
3. Act: Take action!

### 1. Name

Fill in the following statement:

\*From home, I am going to...

### 2. Plan

What do you need in order to take action?

---

---

---

---

---

### 3. Act





## Share: Tell Your Story

In this stage, you will share your act of good to inspire others.



### You will take three steps:

1. Reflect: Consider lessons learned about yourself, others and taking action.
2. Record: Capture your act of good.
3. Upload: Inspire others to do good from home.

### 1. Reflect

*What did you learn through this process?*

---

---

---

---

### 2. Record

*Take a picture of what you did.*



### 3. Upload

You can upload your project to Design for Change. We'd love to see your amazing work.  
<http://www.dogoodfromhome.com/upload>



**Challenge others to take action!**

The  
**#DoGoodFromHome**  
Challenge