Changing the world with **women and girls**
actionaid

A quick guide to using our Big Me learning resources

Case Study posters

Use the posters of Joshua, Israa, Pascal and Salma for an investigate-and-share exercise for your child/children. Or you can simply display them for your child/children to look at and to introduce them to some of the children ActionAid works with and what they want to be when they are older.

For the investigate-and-share exercise:

1. Ask your child to write down their thoughts about the poster. Things to discuss could include:
   - The child's name and age
   - Where they are from
   - Who they live with
   - What they like to do
   - What they want to be when they grow up
   - Similarities and differences between child and themselves
   - Anything they would like to say or ask the child if they got the chance

2. Ask each child to present their findings back to their family

Letters and postcards

Use our examples and templates to help your child/children to write to their future selves. This is a writing composition exercise and can be adapted for all ages and abilities.

You will need:

- Big Me letter to the future – example from Joshua
- Big Me postcard to the future – example from Joshua
- Blank template Big Me letter to the future – one for each child who is writing a letter
- Blank template Big Me postcard to the future – one for each child who is writing a postcard

For the exercise:

1. Either you or your child to read Joshua's letter or postcard out loud to you or siblings

2. Ask your child/children who Joshua was writing to (Answer: himself, ten years into the future)

3. Ask your child/children to talk to you or their siblings and share the following:
   a. What they would like to be doing in 10 years
   b. What they would say to/ask their future self

4. Your child/children should then write their own letter or postcard using the templates. The letter folds in half to create an envelope with two circles to glue it together. The postcard has space on the back for children to draw themselves as their Big Me.

5. Ensure they find a safe spot for their letter/postcard, to be opened in 10 years' time!

Big Me!

actionaid.org.uk/Big-Me

My Journey to Becoming Big Me

Use the template to help your child/children to think about the steps they need to take to become their future selves.

You will need:

- Copies of 'My Journey to Becoming Big Me' for each of your children

Ask your child/children to:

- Draw themselves now and as their future selves in the two picture boxes
- Think about what they might need to study or what experience they could need
- Consider what other information they might need to find out
- What skills might be needed to carry out the job they want
- Think what the next immediate step, or the next few steps, might be, in order to become their Big Me

Playtime Quiz

A way for your children to learn more about the difficulties children around the world can face, such as not being able to go to school or having to get married at a young age

Answers:

1. 19.5%
2. 263 million
3. 2/3
4. All of the above
5. £30

Wordsearch

An extra activity to help children think about the different things they could do or be in the future.
A template with the answers is included.