A Guide to becoming a Great Global Citizen

Dream Outloud

What footprint will you leave on the world?

Recommended for Grades PreK - 5 or ages 4+
Meet Stephen

One Little Boy With A Big Dream

Mission 1 – Community

Mission 2 – Environment

Mission 3 – Cultural Awareness

Mission 4 – Power of Kindness

Mission 5 – Dream Outloud!

Are You In It to WIN it?

Ready. Set. Go Global!

Also Includes a Fundraiser Planning Sheet, Fundraising Ideas, An Interactive Way to think about Global Citizenship, Challenges and Much More!
Hi, I’m Stephen. When I am not reading or catching up on my favourite TV show I am probably hanging out with my family of 8 or trying to master the latest video game with one of my best friends. Some things that I enjoy would include all things Lego and learning about our prehistoric past (specifically the mystery of dinosaurs) I am currently a high school student in Airdrie, Alberta. When I am not busy with school, family, friends and my hobbies I am trying to make the world a better place by ending child homelessness.

My story starts when I was only 5 years old and was doing what 5 year olds do, trying to figure out what Mom and Dad were talking about. However this was not the typical conversation over my latest Lego creation or the mess that it left behind but something much more serious. My parents were talking about a homeless man. I had to know if there were kids that didn’t have somewhere to call home and when I learned that kids too were homeless I knew that I had to make a difference.

As I grew, so did my idea and Stephen’s Backpacks was created. Every year we were making more backpacks, creating new programs, and spreading more hope to kids in need. When I think of kids without a home it makes me sad. It makes me sad because I put myself in the shoes of someone on the street. As these past 10 years have passed people often ask me when I will stop doing Stephen’s Backpacks. I will never stop helping homeless kids until there are no more kids on the street, because every child deserves to have somewhere to call home.

I want my story to inspire you so that you too can become global citizen and make the world a better place. I always want to hear about the amazing things that you are doing and you can email me anytime!

Always remember that we all hold the power to change the world for the better, we just have to have the courage to Dream Outloud!

Your Friend,

Stephen McPhee
It all started when one little boy said “Mommy I Need to help them.” Stephen McPhee was only 5 years old but knew that he had to help homeless children. After collecting some of his own toys and making several trips around town Stephen and his family delivered 15 backpacks.

Well, the next year Stephen wanted to fill 150 backpacks and the 6 year old filled 265 backpacks from his house!! The next year? Close to 1000 backpacks!

Every year Stephen’s Backpacks got bigger and bigger. In 2007 we created Footprints so kids could have new shoes to start school. Than in 2008 Stephen’s Mom wrote a book about Stephen and his journey. All the funds of this book went towards helping 2 families move off the shelter and into their home that was completely furnished! And following our Project Hope came Project Educate, to provide preschool to toddlers as well as educate school age children on the issue of family homelessness and inspire them to make a difference too.

2016 will be the 10th anniversary of Stephen’s Backpacks Society and we could not be more excited. From 15 backpacks we now fill 3,000+ EVERY year! To us each backpack is a gift of hope to a child in need, like a warm hug from a friend or a surprise to make your day a little brighter.

It may seem like a simple idea, putting some everyday needs (and a few gifts of course) in a backpack but to baby, toddler, child, and teenager without somewhere to call home that is a gift that says someone, somewhere cares a lot about you and wants you to know that you are loved!

In the past 10 years we have delivered hope to more than 40,000 children!
Global Citizenship means that as citizens of the world, we have responsibilities to each other and to the Earth itself. Whether through sharing knowledge, volunteerism, advocacy or generosity, everyone, including young people, can make a difference.

You don’t need to go around the world to make it a better place. There is no where better to start than your own community. You can donate food at a food bank, shovel your neighbors snow, or help someone run errands. What other ways can you help the people that live in your community?

Some issues that we don’t see at our schools or in our community are happening in countries around the world. Some global thinking issues include water, hunger, education, endangered animals and so many others. There are amazing resources and ways that you can help your global neighbors without leaving your own home.
Global Citizenship Is:

leader  empower  envision  society  environment  leadership  motivating  create  positive  inclusive  spread-love  global  inspiration  world-peace  power  fundraising  generous  cultural-awareness  DREAM-OUTLOUD  CHANGE-THE-WORLD  inspiring  world-changing  anti-bullying  CHANGE-MAKER  local  GLOBAL-CITIZEN  kindness  participation  community  homeless  compassion  animals  peace  determination  enrich  love  ROLE-MODEL  HERO

What is Global Citizenship To You?
Now that you know what global citizenship looks like locally and globally it is time to make it personal. What issues are you passionate about? If you could change the world what would you do? Use our chart to fill out this brainstorming session! Feel free to use a friend or parent to help generate some ideas!

*Hint: This may also be one of our online challenges for $1000!*

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**In My Community:**

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

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**100 Ways to Make a Difference in Your Community!**

http://www.education.com/reference/article/Ref_100_Ways_Make/

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**It Pays Off to Volunteer!**

More than 500 scholarships available to Canadian youth who volunteer!

http://www.scholarshipscanada.com/

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**In My Province and Country:**

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

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**Uniting School and Business**

Fundraisers are great for raising money and awareness. Businesses across Canada help students through fundraising partnerships! Find out what is in your province!

http://canadianfundraising.com/

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**Around the World:**

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

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The 5 Circles Of Global Citizenship

Kindness

Cultural Awareness

Community

Environment

Dream Outloud

DREAM
There is no where better to spark change then your own community! From a small town to an urban center there is endless opportunities for you to make it a little brighter and even make community members become global citizens too. If every person in every community did 1 thing we would not have community based local issues!

HELP A NEIGHBOUR IN NEED!

“Sense of community is a feeling that members have of belonging, a feeling that members matter to one another and to the group, and a shared faith that members’ needs will be met through their commitment to be together.”
Activity #1 My Community:
My community my home, become more aware of your surroundings. Take a look at various supports and people in need in your own neighbourhood.

Materials: Paper and markers
Method: Draw a map of your neighbourhood. Include local schools, stores, community helpers, as well as family and friends homes.
Example: Use the below map to get you started! Use the directions to get around town!

Decorate the map with Crayola® Markers or Colored Pencils. As you follow the directions to discover where Catherine is going, draw a line on each street she walks on. Use the compass rose to help you.

Directions: Catherine leaves her house and walks east on Elm Court. She makes a right and heads south on Main Street. When she reaches Fifth Street she turns east. At Berry Drive Catherine walks north. She walks past the supermarket parking lot and makes a left onto Dale Lane. Where is Catherine? Write down directions from the supermarket to Ruth's house. Who lives across the street from the library?
Activity #2 Volunteer:
Volunteer your time with a charity of your choice that supports community enhancement.
(Shelter, food bank, senior home, community clean up)

Materials: Your time and adult supervision.
Method: Photograph your experience and have a parent help you up paste it in the space below!

Put A Picture of You Volunteering Here!

When I Volunteered I felt:

_________________________________________________

_________________________________________________

I Like volunteering because:

_________________________________________________

_________________________________________________

I Think I will volunteer for:

_________________________________________________

_________________________________________________
Activity #3: Encourage your family, friends, sports team, club and school to rally together to collect items for a food drive for the local food bank.

Materials: Large boxes to collect food in. Contact food bank to make them aware of your mission. Have an adult help you compose a letter outlining your mission and your goal.

Method: Photograph your experience and have a parent help you up paste it in the space below!

I Liked My Food Drive Because:

________________________________________________________________________

________________________________________________________________________

Some Kids Do Not Have:

________________________________________________________________________

________________________________________________________________________

Food Bank Food Includes:

________________________________________________________________________

________________________________________________________________________
Activity #4: Honour everyday heroes. People who serve the community enhance our lives daily. They put the needs of citizens before theirs every day.

Materials: Paper and pen to list as many community helpers as you can as well as to write a letter or colour a picture to show your appreciation to a community helper of our choice.

Method: Choose a community helper to write a letter of appreciation to. Consider how they put their community and citizens before their needs making them a hero. Either mail or deliver their letter.
Respect and actively be aware of how we can reduce, reuse, and recycle to promote a healthy prosperous environment.

BE A GREEN GLOBAL CITIZEN!
Activity #1: Help organize a community, neighbourhood parks clean up with your friends and family.

Materials: Garbage bags, poking sticks and safety gloves.

Method: Document your clean up mission with photographs and ask a parent to help add them below!

My Clean Up Scavenger Hunt– What Garbage Did I Find?

____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
Activity #2: Help organize a recycling program in your home, at school or with any extracurricular activities that you are involved in.

Materials: Containers to separate glass, metal, plastic, paper, card board and refundable. You may also need paper to make signs that categorize the containers.

Method: Document the recycling program with photographs and add them to this page!

Things I Can Recycle:

Put A Picture of You’re Recycling Treasures Here!

Things I Can Reduce:

Things I Can Reuse:
Activity #3: Brainstorm with family and friends as to how you can reduce the amount of energy you consume.

**Materials:** Paper to document your ideas and to create a check list. We Have a Brainstorming plan for you!

**Method:** Ask your parents to track the changes on the monthly energy bill.

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**Cutting Back On Energy**

My Plan! Name:_______________________________

Water:

Electrical:

My Chore and How they will be Conserving Energy:

We now that most don’t like doing chores! The next time that you have a chore to do, be happy about it by making your chore good for the environment!

_Doing the dishes— I will do them by hand instead of the dishwasher._
Activity #4: Help organize a waste free, environmentally friendly party to celebrate Earth day on April 22.

Materials: Reusable dishes, cloth napkins, compostable items and maybe some seeds for planting.

Method: Document the celebration with photographs and paste them below!

My Earth Day Celebration!

Earth Day Checklist!

- Garbage Free Lunch
- Went 1 hour with no electricity
- I biked or walked to school
- Went on a nature walk in my neighborhood
- What I love most about Earth is: ___________
Identifying as a part of a global community by extending curiosity and knowledge across all continents and boarders.

BE INCLUSIVE TO ALL CULTURES AND BE PASSIONATE ABOUT YOUR OWN!
Activity #1: Where do we come from? Where was it made? Where could we go?
Maps are a great on-going way to connect global citizenship throughout the year. Opportunities to expand on various discussions at all age levels can be broaden with the visual of a map or a globe.

Materials: A globe or/and a world map, pins or markers to indicate various discussions.

Method: Discuss where different people have come from or their ancestors have come from. Discuss where you live now. Find items that were made in different areas all around the world, discuss how it may have come to be in your procession. Discuss places around the world where people have been or would like to go. How might you get there?

Choose A natural Resource and colour the country that it is from:
- Oil
- Gold
- Silver
- Sugar
- Coal
- Trees
- Natural Gas
Where It is From: ________

My Favourite Food Is: __________________________ Where It Is From: __________________________

My Favourite Zoo Animal Is: __________________________ Where It Is From: __________________________

Now Colour the Map!
Use BLUE To draw a road from where the natural resource your choose is from to where you live!
Use RED to draw another road from where your favourite food is from and to where you live!
Use GREEN to draw a road from where your favourite zoo animal is from and how to get to your house.
Activity #2: Family values. Multi-culturalism should be celebrated on a daily basis. We all need to respect and appreciate that as individuals we all have differences and similarities. This is not necessarily something that can be highlighted during a curriculum unit, but rather throughout the school year with natural opportunities as they arise or by providing students an opportunity to display and show case their family’s values.

Materials: Space to display photo’s or items so people can take turns showcasing traditions and memorabilia. Encourage people to bring photos, music, clothing, food, mementoes. To be on the safe side avoid anything that is expensive or high in sentimental value.

Method: Create a schedule or a system of which everyone who wants to participate can. Create guidelines of what is expected of all members in the group in regards to respecting others differences and similarities.

Name:_________________________________

This Is A Picture of My Culture!
My Culture Is:_________________________________

Another Culture I learned about was: ___________________________________

I liked it Because:___________________________________________________
**Activity #3:** Piecing it all together. Make your own puzzle of architecture from around the world. Be sure to know where the architecture is and what the building is used for.

**Materials:** Scissors, glue, cardstock paper, printer/printer paper and an adult/parent to supervise you on the internet.

**Method:**
- Find images of cool and exotic architecture from around the world on the internet.
- Print image. (or draw it yourself!)
- Glue printed image into card stock or thick paper and allow it to dry. On the opposite side have the name of the building! Cut it into puzzle pieces (trace the below mat to help you!)
- Once it is dried you can cut it into various shapes and create a unique puzzle to share with your friends and family.

Together It Makes A Beautiful World!
Activity #4: Create your own globe with symbols that represent various aspects of cultures from all around the world.

Materials: Paper lantern, scissors, glue, construction paper, markers, printer/printer paper and an adult/parent to supervise you on the internet.

Method:
Using a pencil and then highlighting with a marker draw the continents onto the paper lantern.
Ask an adult to help you use the internet research information from around the world.
Print images of information you find interesting from around the world.
Cut the images out and glue them onto your lantern globe in the correct area.

Ideas to research:
- Interesting wildlife areas
- Island countries
- Deserts & Prairies vs. Forests & Lake Regions
- Adventure destinations
- Historical regions
- Architecture
Being When we carry out an act of kindness it is a message from one heart to another, an act of love, an unspoken "I care" statement. As this happens it will promote an enhanced feeling of 'belonging' in the community, and give a greater sense of meaning and purpose to all of our lives!

KINDNESS CREATES FRIENDS FROM STRANGERS AND A MORE INTERCONNECTED GLOBAL WORLD!

"So powerful is the light of unity that it can illuminate the whole earth."
Activity #1: Understanding what makes us feel happy or sad can help us understand other people’s feelings.

**Materials:** Pencil to complete information.

**Method:** Fill in the chart below and consider how others may feel as well.

**Things that Make Me Crabby....**

**Things that turn my frown upside down....**
**Activity #2: Kindness Challenge!**

**Activity #2:** Challenge yourself and friends to complete the following random acts of kindness. Then, keep the positivity going by adding your own ideas for random acts of kindness.

**Materials:** Positive attitude and genuine kindness.

**Method:** Random acts of kindness are most effective when the person offering them is genuine and sincere. The random aspect of the kindness can be very impactful in enlightening a person’s day. Use scissors to cut the reminder notes and keep them with you until you complete your challenge. Once you completed those challenges create more with your own ideas.

**Random Acts of Kindness.**

**Challenge for __________________**

<table>
<thead>
<tr>
<th>Tell someone that they are important.</th>
<th>Invite someone new to join your game.</th>
<th>Hold the door open for someone at the store.</th>
<th>Offer to help someone in need.</th>
<th>Give someone a genuine compliment.</th>
<th>Say good morning to five different people.</th>
<th>Encourage someone who is having a hard time.</th>
</tr>
</thead>
</table>
Activity #3: Bullying is the use of force, threat, or coercion to abuse, intimidate, or aggressively dominate others. The behavior is often repeated and habitual. Most schools, organized activities and even work places have an anti-bullying policy. Discuss what the anti-bullying policies are with teachers, coaches, leaders and parents. Consider what that means to you and how you might have to display courage and have a plan if you’re in that type of situation.

Materials: Pencil to record your information. With parents’ or an adults permission and help look up the following resources online to guide you into creating a plan.
http://www.prevnet.ca/bullying

Method: Fill in the chart with your plan. Remember your personal safety is always the most important thing to consider. Never put yourself in any potential harm.
Activity #4: Make a friendship bracelet and give it to someone to symbolize how meaningful your relationship is to you.

Materials: Various colours of embroidery thread, scissors, pin, buttons, cardboard.

Method: Follow the link listed to create the friendship bracelet of your choice.
https://www.youtube.com/watch?v=YujvDp5BJ78
Now that you have learned about the four main global groups it is time for the last. This global group is the most important group in our perspective. We appreciate all of the work, challenges, and learning you have done until now but we want it to be personal. What means the most to YOU? Something one, big, well known, or needing awareness. We are here to help YOU create a better world in any and every way that you want to.

1 DREAM CAN CHANGE THE WORLD!
**Activity #1: Goal Setting**

*Activity #1: Setting your goals is important for any world changer! You changing the world starts right now! If you set goals for yourself you will be able to now the 5W’s and put your goal into action!*

**Materials:** pencils, crayons, paper.

**Method:** Use our charts below to help you learn how to set some short term goals and determine the 5W’s of your long term goal!

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**My Short Term Goals:**

**Today I Will:**

_______________________________________________________________________________________
_______________________________________________________________________________________

**This Week I Will:**

_______________________________________________________________________________________
_______________________________________________________________________________________

**This Month I Will:**

_______________________________________________________________________________________
_______________________________________________________________________________________

**My Long Term Goal:**

**This Year I Will:**

Who:
What:
Where:
When:
Why:
How:
Activity #2: Leaders are people that inspire those around them. They encourage them to get involved and create change. There have been many leaders throughout time and many are still around today!

Materials: pencils, crayons, paper.

Method: Draw a picture, write a note, or write a letter to a leader that inspires you. Use our brainstorm web to help get you started! If your inspiration lives very far away or is someone from long ago, make a poster about them to show your parents, teacher, and friends!
Activity #3: We all have the power to create world change. From your local community to a global cause there is many things we can do to create a better world!

Materials: pencils, crayons, paper, scissors

Method: Trace both your hands (have a teacher or parent help you) In the middle of each of your hands you are going to draw a picture of the number 1 thing you will do to change the world. 1 hand is for local change, the other hand is for global change. On each of the fingers add things that you can do to make your dream come to action! Look at our example below!
Activity #4: We are all different and want to change the world in our own way! What way are you going to change the world?

Materials: pencils, crayons, paper,

Method: Draw and colour your dream! Share your dream with those around you and Dream Outloud! Your dreams can come true!

My Dream: Draw You!
Must be between the ages of 4-18 to apply. Must also be a current student.

Age Divisions:
**Elementary** (Age 4-12)
**Youth** (Age 13-18)

We are celebrating our 10th anniversary in a very special way! We are giving 10 kids a RESP Scholarship for $1000 each!

The top 25 in each age division will be invited to a VIP event in Calgary!

Completely our online challenges throughout the year to increase your chances of winning! All of the challenges can be found on our website: www.stephensbackpacks.com
Today Is the Day to Change the World!

- Who Are You?
- What are your beliefs and values?
- How will you change the world?
- Who will support and encourage your dream?

- What current initiatives exist to support your dream?
- How can you bring awareness to the issue you are passionate about?
- How does your dream reflect your values?

Your Ready to Dream Outloud!

- Who will you share with first?
- How will you spread the word?
- What will you do to make your dream a reality?
Dream Outloud!

The World Is In YOUR Hands, How Will You Change It?