



Art Sphere Inc.
Transforming Lives Through Art

STRENGTHENING OUR COMMUNITIES SINCE 1998

CHANGE THROUGH COMMUNICATION

for ages: 13-18



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At Art Sphere Inc., we believe in providing our youth with the tools they need to create productive, collaborative change in the community. Through the lessons in this book, we hope to help our students understand how they can effectively make a positive difference for a cause that they are passionate about.

"A change is brought about because ordinary people do extraordinary things."

- Former president Barack Obama

"Believe you can and you're halfway there."

- Former President Theodore Roosevelt

We believe in our youth and their ability to accomplish what may seem impossible. Through providing them with the knowledge to create change and communicate their activism effectively, we hope to further ignite their passion and grow their involvement in the community.

Please note: Many (but not all) of these lessons require access to a computer or phone and the Internet. A parent or guardian's permission is advised for lessons requiring Internet usage, especially for social media lessons.

CREATING JOURNEYS THROUGH THE ARTS

Follow your creativity and go beyond where the path leads so you can leave a trail to inspire others to express themselves, too!

Preface

We are pleased to present *Change Through Communication* to take you on a path to transform everyday materials into art, to explore the intersections of art with nature, literacy, technology, theater, music, mindfulness and STEAM and to learn how to use the arts to express your core values. Throughout this journey, we invite you to reflect on the legacy that can be created through the arts.

How to Use Our Online Materials and This Book

Not everyone learns the same way. Some people are more visual, some more musical, some more mathematical¹. Our lessons include symbols at the top of each page that indicate the different learning styles to be found in each project. By pointing out the different ways that a project can be approached, parents and teachers can guide their children to their individual paths to artistic success and ways to express their unique creative voices. The different learning styles and the symbols used to represent them in this book include:



Literacy and Verbal-Linguistic
(using words effectively)



Recycling and Naturalistic
(responding to nature)



Technology and Logical-Mathematical
(reasoning, calculating)



Health and Intra-personal
(understanding one's own interests, goals)



Theatre and Bodily-Kinesthetic
(using the body effectively and creatively)



Musical-Rhythmic
(sensitivity to rhythm and sound)



Multicultural and Interpersonal
(understanding, interacting with others)

¹ These learning styles are based on Howard Gardner's discussion of types of intelligences. For more detail, see: Howard Gardner, *Frames of Mind: The Theory of Multiple Intelligences* (New York: Basic Books, 1983).



The lesson plans are more than just making art objects. They incorporate ideas such as compassion, mindfulness, respect for nature, healthy eating, cooperation, and other ideas for living in a way that contributes to a civil society. The pages are laid out as if you and the class are taking a journey:

- **Your Destination:** summarizes the outcome of the project
- **Travel Kit:** list of materials you will need for the project
- **On the Path:** ideas and directions for each child to make an art object, and ideas to explore
- **Group Tour:** how to transform the individual process into an interactive and collaborative group experience
- **Extend your Journey:** vocabulary, helpful references, and links to explore additional ideas

Find ways to express yourself - it's okay to think outside the box!

Knowing that links sometimes become inactive or are changed is beyond our control, and we apologize for the inconvenience. Please check our blog and Instagram:

<https://artsphere.org/free-resources/curriculum/>
<https://instagram.com/artsphereinc/>

for more suggestions on creative art projects. All the referenced links in this book have been checked for accuracy.





Accomplish To achieve or finish a task completely.

Accurate Right on the mark, exactly right.

Anonymous Unknown name/ person, unidentifiable.

Asset map Providing information and resources about a community which can help uncover solutions.

Awareness Knowing what is going on in your environment.

Backstory Background information about a character or person.

Boundaries A border or a limit.

Community A group of people in the same area, or a group of people that have something in common.

Connections A link or a relationship between someone or something.

Consent An agreement to use or do something with another person.

Conversation Talking with someone in a casual manner.

Data A collection of statistics and facts that can be looked at to find out patterns, characteristics, and information.

Discussion Talking with someone, usually about something serious or in a formal way.

Dramatic Being expressive with emotions and actions, related to theater.

Engagement Interaction from users on social media and other online platforms.

Goal Something a person works towards accomplishing.

Interrogation Questioning someone.

Interviewee The person who is being interviewed.

Leading question A type of question that is more likely to lead to a desired response

Mural A work of art on a wall, usually a large painting on the side of a building.

Podcast A talk show that is prerecorded for people to listen to, like a radio talk show.

Promote To advertise and encourage something further.

RAP Rhythm and Poetry.

Reflect To think about or consider at a deeper level.

Relevant How something is related to something else.

Review To go over again.

Satirical Using satire/irony.

Skit A short comedy-play or a parody.

Social change Altering the social norms or structures that govern society, usually with the goal of improving the community.

Social issue A problem that impacts a large group of people in society.

Social media platform Websites and apps that can be used to communicate with people who have similar interests as each other.

Spreadsheet A document that has data arranged in a grid which can be used to help make calculations or organize the information in a useful manner.

Street theatre A form of performance in an outdoor setting.



Your Destination:

Learn how to create your own Facebook page, and start understanding how to network on social media. Think about how you are going to brand yourself or what you are going to represent. Remember to ask permission from your parent or guardian before going online.

On the Path:

Step 1 Go to the link “facebook.com/pages/create.” Choose either “Business or Brand” or “Community or Public Figure.” For this lesson, it is recommended to use “Community or Public Figure.” Then, click on the “Get Started” button.

Step 2 You will be asked to sign into your Facebook account. If you do not have one, create one. Once you are logged in, you will have to fill out the page’s information such as the name, category, and bio.

Step 3 Once you have finished filling out the page information, click “Create Page.” Be sure to add photos and post frequently to keep your page active and bring in followers. This will allow you to make more connections online. Make sure the posts relate to your brand and what you represent.

Group Tour:

Tag your classmates or friends in a post on your page to help make connections. Let your followers and their followers discover more through your page.

Extend the Journey:

Use photos that you took yourself or photos that you can credit and tag your new Facebook page. Being able to tag the account allows people to find out more about your community.

Learn New Vocabulary: connections

Resources and Visual Aids: Access our blog post, How to Create a Facebook Page: <https://artsphere.org/blog/how-to-create-a-facebook-page/>



Your Destination:

Learn how to make a Q&A so you can interact with your followers. The goal is to have your followers also interact with you and help keep them engaged with your social media platform. Remember to ask permission from your parent or guardian before going online.

On the Path:

Step 1 Brainstorm the questions that you want to ask your followers on your social media. They can be simple like: How are you feeling? What is your favorite color? What do you think about this topic? Make sure your questions are related to the content of your account.

Step 2 Pick the question that you want to ask your followers, and make a post. Use a photo that is related to the question. For example, the question "How are you feeling?" would have a photo that shows emotions.

Step 3 Post your Q&A, and be sure to respond back to your followers to increase engagement with your community. You can use emojis, short phrases, or even personal responses to be more engaged with your followers. Be careful not to share any personal information like your address or credit card information with your followers!

Group Tour:

Have your classmates or friends interact with your Q&A post. Maybe they will ask questions that others will also want to know about you!

Extend the Journey:

Alternatively, you can ask your followers if they have questions for you. You can reply to each comment or make a dedicated post answering commonly asked questions.

Learn New Vocabulary: engagement

Resources and Visual Aids: Access our blog post on Social Media Engagement: <https://artsphere.org/blog/increasing-social-media-engagement/>



Your Destination:

Learn how to prepare for an interview. Think about the person you will interview and what topic you want to focus on, such as their brand or lifestyle, an event, work, or publications. There are endless ideas you can choose from! For further steps in the interview preparation process, refer to the link in “Resources and Visual Aids.” See lesson 18 to learn about making an agreement letter to receive consent to interview someone, or otherwise collaborate with certain expectations.

On the Path:

Step 1 Do as much research as you can about the interviewee before meeting them. You want to avoid asking questions that are already known. Doing research beforehand can help give you an idea of what kinds of questions to ask.

Step 2 Think of at least ten to fifteen questions that will give you more than a “yes/no” response like: who, what, when, where, why, and how. You can ask “yes/no” questions but remember to follow up with another related question.

Step 3 Practice asking the questions you have prepared. Being able to ask these questions as naturally as you can allows for a better flow of conversation. You want to make it feel like a conversation, not an interrogation.

Group Tour:

Practice asking questions with your classmates. Pretend they are the interviewee and that you are interviewing them. They can make up their answers. The goal is to make sure you are asking questions confidently, making eye contact, and looking at the person as you talk.

Extend the Journey:

During the actual interview, be sure to have a notebook, pen/pencil, and a voice recorder or camera to record the interview. Make sure that the interviewee consents to being recorded.

Learn New Vocabulary: consent, conversation, interrogation, interviewee

Resources and Visual Aids: Access our blog post on How to Interview Someone: <https://artsphere.org/blog/how-to-interview-someone-for-a-publication-airing/> <https://artsphere.org/blog/observe-interview-record/>



Your Destination:

Learn how to write a poem that will help unify and inform people. Civil rights activists, feminists, and conservationists are some examples of people using poems and songs to enact change.

On the Path:

Step 1 Brainstorm some ideas that you want to discuss. What issues are you most passionate about and why? How do those issues impact your community? Then, write down whatever comes to mind, and do not worry about writing a lot. Just let it all flow out of you, and you can edit your piece later.

Step 2 Poems do not need to rhyme, you can focus on making a free verse. You can also follow a template if it is your first-time writing poetry.

Step 3 Once you are done with your draft, revise it until you are satisfied. Think about the words you chose; does it mean what you intend it to mean, or is there a better word you can use?

Group Tour:

Have someone edit your poem while you edit theirs. Remember to leave constructive criticism and any supportive feedback, even if nothing needs to be changed.

Extend the Journey:

Turn your poem into a song by creating a short melody or using a simple rhythm. You can turn your poem into a rap song, which is the easiest way to convert your poem into a song.

Learn New Vocabulary: rap

Resources and Visual Aids: Access our blog post, Write a Social Change Song or Poem: <https://artsphere.org/blog/write-a-social-change-song-or-poem/>



Your Destination:

Learn how to develop an idea, write it into a skit, and perform the skit. Think of what emotions you want your audience to feel and what message you want to send. You will be able to express your emotions and words through your skit.

On the Path:

Step 1 Brainstorm ideas of what kind of a skit you want to show your peers and what you want to address. You can look at other people's work to help develop ideas. Do you want to make it satirical, dramatic, musical, or theatric? You can make it however you want, as long as you are able to send the point across to your audience.

Step 2 Begin writing your skit with the lines you want your characters to say and do. Keep in mind where you will be performing: is it outside, in a park, on stage, or someplace else? The play's setting can determine the message you send to your audience. Be sure to edit your script so your skit is ready for actors to read.

Step 3 You will need to find actors to play the character's parts. Dress them up in costumes and use props if needed. Have them read the script, and begin practicing. Practice is the most important thing to do before going on stage.

Group Tour:

Ask your classmates or friends to be in your skit. Let them be a part of the message you want your audience to take from your work.

Extend the Journey:

Perform street theater, or record your skit to post it online.

Learn New Vocabulary: dramatic, satirical, skit, street theatre

Resources and Visual Aids: Access our blog post, How to Write and Perform a Skit or Play: <https://artsphere.org/blog/how-to-write-and-perform-a-skit-or-play/>



Your Destination:

Learn how to create artwork that will promote social change. You can use any artform that you are most comfortable with, like skits, writing, plays, music, poems, murals, or art pieces.

On the Path:

Step 1 Think about what kind of social change you want to bring up. Do you want to address something specific to your own community, or do you want show support for a cause that is already known or other issues you find important (such as civil rights, environment, education)?

Step 2 What type of art will you use to address your social change? Using art to promote social change is important because it makes the issue more relatable. You may look at different artists who have used their art for social change as inspiration.

Step 3 Create your artwork inspired by the social change movements you want to address, the art medium itself, and other artists who have used art to make a social change topic more relatable.

Group Tour:

Ask a classmate or friend to work on the same issue as you, and see how far you can get with your artwork together.

Extend the Journey:

Find a way to promote your artwork through social media and tagging other people who are supportive of the cause.

Learn New Vocabulary: promote, social change

Resources and Visual Aids: Access our blog post, Social Change Artwork:
<https://artsphere.org/blog/social-change-artwork/>



Your Destination:

Plan a mural that will address a social issue by starting with a painting. The issue should be something that affects others that you find important and want more people to understand. Murals are a great way to grab someone's attention to promote social awareness and change. Starting with a painting allows you to practice and envision how it will look on a wall. It may take multiple paintings before you are happy with the result, so don't give up!

On the Path:

Step 1 Choose an issue you want to address; what social change do you want to make? On paper, begin sketching the layout of your mini mural. It is better to have an idea of where you will place something before starting with paint right away. This way, you can change your mind without having to start all over.

Step 2 Using your completed sketch as a guide, you can begin lightly sketching on your canvas. Do not worry about making the sketch look perfect or erasing the pencil marks. This will all be painted over.

Step 3 Have your painting materials prepared, and start painting on your canvas. If needed, you may lay painter's tape around the edges of the canvas before painting if you want to have clean lines.

Group Tour:

Show your painting to your classmates or friends, and ask them to think about what it means. What message do they get from your painting? How does it make them feel? Does it make them curious about the social issue, and do they want to learn more about it? If you decide to paint a mural on a wall, ask for help from classmates or friends.

Extend the Journey:

Research Banksy, a famous English street artist who is known for his political activism through his murals. If you want to create an actual mural, be sure to get any permits and permission from the administrators at the front desk/main office of the building you would like to paint in. For more direction, follow the link below.

Learn New Vocabulary: mural, social issue

Resources and Visual Aids: Access our blog post, Social Change Murals:

<https://artsphere.org/blog/social-change-mural/>



Your Destination:

Using recycled, recyclable, or re-purposed materials, learn how to make lawn posters that will promote any social change you want to address.

On the Path:

Step 1 Decide what cause you want to support and research it. See what words or phrases you want to use that inspires change in the issue.

Step 2 Place the poster board or re-purposed/recycled cardboard on a flat surface to prepare for decoration.

Step 3 Decorate the front of the sign to your liking, making sure to use short phrases or words that convey the change you want to promote.

Step 4 Skip this step if you do not have a lawn to stake the poster. Tape or glue two stakes to the back of the poster with pointed end of the stakes pointed down. Press the stakes into the lawn. If you don't have a lawn, place the poster in a window from the inside. Make sure the sharp end is pointing downward, away from the sign, and that you leave enough room for the stakes to be placed in the ground. Now, stake the sign in your lawn or, if it has no posts, place in window from the inside.

Step 5 Place the sign in your window, or hang it on a door.

Group Tour:

Make matching posters with your classmates or friends to show your support for the cause that you want others to know about.

Extend the Journey:

Make lawn posters for your family and friends to help spread more awareness to the cause.

Learn New Vocabulary: connections

Resources and Visual Aids: Access our blog post, Social Change Arts and Crafts: <https://artsphere.org/blog/social-change-arts-and-crafts/>



Your Destination:

Learn to write a short story that will teach the reader a lesson or raise awareness about an issue you are passionate about.

On the Path:

Step 1 Choose what kind of character development you want your main character to go through.

Step 2 Create a story outline by thinking about the beginning, middle, and end. Do not worry about being too detailed in this stage. Have a general idea of what will happen, and list this outline instead of writing full sentences or paragraphs.

Step 3 Where does the story start? To grab the reader's attention, you must get them caught up with what happened before the main event of the story. Starting the story with the character in the middle of a situation would get the reader hooked into what is going on, and then later give a backstory as an explanation to catch the reader up.

Step 4 Once you complete writing your draft, go back and edit it for any mistakes or changes you want to make.

Group Tour:

Ask a classmate or friend to help you. Getting feedback on your work is always helpful.

Extend the Journey:

Try adding more to the short story, and then you can make it into a novel. You can go more in depth about the main character and develop other characters' backstories.

Learn New Vocabulary: backstory

Resources and Visual Aids: Access our blog post, How to Write a Social Change Short Story or Novel: <https://artsphere.org/blog/write-a-social-change-short-story-or-novel/>



Your Destination:

Creating an asset map helps with identifying institutions, individuals, and organizations. Learn how to make asset map to help organize all this information. See next page for asset map example and link to an asset map template you may use for free.

On the Path:

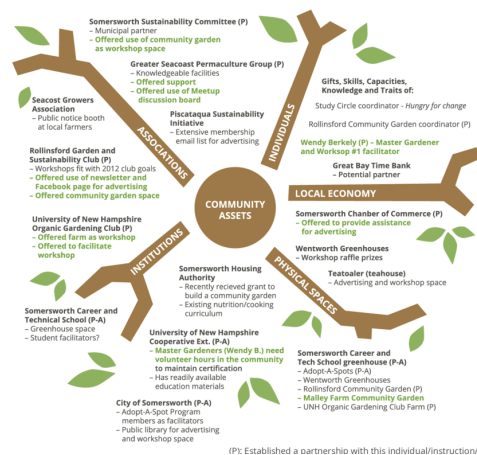
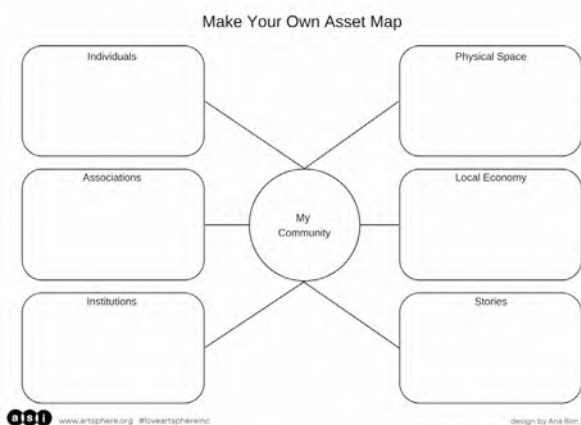
Step 1 Decide what organization for which you want to create an asset map. Find out who is involved by meeting with the people in that community to help you, like local leaders.

Step 2 As you are talking to the community, find out what problems and concerns they have within their community.

Step 3 What types of assets do you want to include in your map? Determine a geographic boundary based on your decisions of what you want to include.

Step 4 Find the physical assets for your map like the land, public transportation, buildings, bodies of water, etc.

Step 5 Explore economic assets, such as businesses and what people need and use. Get their stories that reflect the history of the community.



Handout linked on next page for printing or hand-copying

Reprinted with permission from Simmons, et. al. (2017) Community Engagement: Guidelines for Excellence, Washington, DC: North American Association for Environmental Education.

And Elizabeth Wilson, 2012. Masters Thesis: Building Community Self-Reliance through Skill Sharing, Lesley University.

[Continued on next page.]



Step 6 List the skills, capacities, experiences, and passions of individuals in the community that can contribute to its strengths.

Step 7 Identify the local associations, like recreation centers, schools, libraries, etc.

Step 8 Use an asset map template, like Creately, to organize all this information to make it more presentable.

Group Tour:

Share your map with your classmates or friends. See what they found and put in their maps. Compare your findings with each other.

Extend the Journey:

Use surveys to help collect more information about the organization and the community. This will help in creating a more detailed map.

Learn New Vocabulary: asset map

Resources and Visual Aids: **Make Your Own Asset Map handout:**

<https://artsphere.org/blog/make-your-own-asset-map-handout/>

Access our webpage, Creating Asset Maps:

<https://artsphere.org/asset-map/>



Your Destination:

Learn how to make a podcast or video. There is no need for acquiring all the fancy equipment; the important part is having fun and sharing what you have created to make a change.

On the Path:

Step 1 With your parents' or guardians' permission, create a YouTube account, and be sure it is verified to allow longer videos to be uploaded. You can verify your account with a phone number.

Step 2 Brainstorm ideas of what you want to call your podcast, what you want it to be about, and how you want to brand yourself. Have your topic be something you can discuss for about ten to thirty minutes.

Step 3 Start recording yourself talking about the topic/idea you chose using your voice recorder and camera. You can use your smart phone to do all this.

Step 4 Edit your recording. You may want to cut out long pauses, background noise, and any disruptions during your recording to make it a better listening experience.

Step 5 Publish your video on YouTube. Be sure to let people know you have a podcast out by posting about it on social media.

Group Tour:

Have your classmates or friends to join your podcast. Make your topic a group discussion.

Extend the Journey:

Grow your podcast channel by having longer discussions, inviting guests to join, and uploading more episodes regularly.

Learn New Vocabulary: discussion, podcast

Resources and Visual Aids: Access our blog post, How to Create a Podcast or Create a Video: <https://artsphere.org/blog/how-to-create-a-podcast-or-create-a-video/>



Your Destination:

Clothes are something that everybody easily notices. Wearing a T-shirt about the cause you are supporting is a great way to spread awareness about it. Learn how to make a T-shirt that spreads awareness.

On the Path:

Step 1 Think of a cause you want to show support for, and sketch the design layout on the T-shirt handout. Why did you choose the cause you wanted to support? What is the theme of your design?

Step 2 Start with a clean, blank T-shirt, and place a flat piece of cardboard inside the shirt so the paint does not bleed to the other side. Start by penciling in your design.

Step 3 Paint your design on the T-shirt. Wait for the paint to dry, and follow the fabric paint instructions on how to take care of the paint once it dries.

Step 4 Wear your t-shirt, and show your support wherever you can.

Group Tour:

Create a matching set with your classmate or friend.

Extend the Journey:

Share your shirt on social media, and let people know about what you are supporting.

Learn New Vocabulary: awareness

Resources and Visual Aids: **Design a T-Shirt handout:**

<https://artsphere.org/blog/how-to-design-a-t-shirt/>



Your Destination:

Learn how to create a hashtag that will help make a change in your community by gaining attention and spreading awareness on social media.

On the Path:

Step 1 Brainstorm ideas on what hashtag you want to create. Remember, it should be related to the cause you are trying to bring awareness to. Does the hashtag address the issue? Is it easy to remember? Make sure it is original so that people do not confuse your hashtag with one that is already known.

Step 2 Use the hashtag on your Instagram posts by adding it to the comments section or in the caption, and let people know about the meaning of the hashtag. Make sure it is still relevant to the cause you want to support. How do you think people will react to the hashtag? Will you use it often? Is it practical?

Step 3 Be sure to use your own hashtag often so that it gets more recognition. You can comment your hashtag to other posts that are related to the cause you want to support. Showing support and spreading awareness is the goal.

Group Tour:

Have a classmate or friend explore your new hashtag and let them use it in their own posts and comments related to the cause.

Extend the Journey:

Create a hashtag challenge. This can get people to interact with you on social media which will help spread awareness.

Learn New Vocabulary: relevant

Resources and Visual Aids: **How to Create a Hashtag handout:**

<https://artsphere.org/blog/how-to-create-a-hashtag/>



Your Destination:

Learn how to create a poster that will make a change in your community. Think about what kind of changes you want to see to improve your community. Creating a poster will help spread awareness about an issue you want to share.

On the Path:

Step 1 Think about what issue you want to address in your community. In your notebook, plan out a design for your poster so that people can get the message.

Step 2 Your poster should be easy to see from a distance, so use an easy-to-read font and clear images. You can use a computer to create your poster, or do it by hand.

Step 3 Pick a color scheme that matches the issue you are addressing. For example, if it is about nature, use neutral and green colors. This will help make the poster easy to understand.

Step 4 Be sure to include all the necessary information on the poster like dates, phone numbers, website addresses, social media accounts, etc.

Step 5 Have fun making your posters! They should be inspiring, creative, and colorful.

Group Tour:

Have a partner make a poster based on the same change you are addressing.

Extend the Journey:

Make multiple posters and hand them out to anyone who wants to be more involved. Hang them up in public spaces where you are allowed to put posters, and make sure you get permission beforehand.

Learn New Vocabulary: community

Resources and Visual Aids: **How to Design a Poster** **handout:**
<https://artsphere.org/blog/design-a-poster/>



Your Destination:

Learn how to establish a timeline. This is helpful when you want to keep up with your goals. Looking at one big goal may be discouraging, but breaking it up into small goals along the way will help you get to accomplish your main goal.

On the Path:

Step 1 Think about the final goal you want to accomplish. Is it getting your cause recognized by a bigger social media account? Do you want more people following your account? Think of the steps that you will need to do to accomplish your final goal.

Step 2 Start your timeline with a small goal that is very possible to do, like making a dedicated account for the cause you want to support, or making a hashtag or podcast for the social issue you want to address. Having smaller goals will help you reach the main goal in a more manageable way.

Step 3 Think about how long it will take to finish these tasks. Making an account may take you a whole day. Creating a podcast may take more than a week. Be sure to have realistic expectations for your goals.

Step 4 With your goals, time estimates, and deadlines written down, put them on a poster or a large paper that you can hang up. Being able to see your goals all the time will help keep you motivated, and it will allow you to see your progress.

Group Tour:

Have a friend or classmate help you finish or reach your goals.

Extend the Journey:

Think of a long-term goal you want to accomplish. Can it be achieved in a few months? A year, or more? Ask other people how they achieve their goals. See what they do differently and if you can use their advice to help you achieve your goals.

Learn New Vocabulary: accomplish, goals

Resources and Visual Aids: Access our blog post, Establishing a Timeline:
<https://artsphere.org/blog/establishing-a-timeline/>



Your Destination:

Learn how to create a survey. Surveys help collect data about anything you want to learn more about. You can use surveys to get feedback on your cause or from your community.

On the Path:

Step 1 Think about what cause you want to bring more awareness to and what questions you want the participants to answer in your survey. Have at least 10 questions for them to answer. Think about what type of data you want to collect from your survey.

Step 2 When writing your questions, they must be direct and clear. You can make them multiple choice, and they should not be leading questions. Leading questions prompt or encourage the desired answer and can prevent you from getting honest answers. Be sure to ask a question about their relevant demographics (such as age range, ethnic background, gender) so you can understand the backgrounds of the people answering. Include a "Prefer not to say" option for this question so they do not feel pressured.

Step 3 Once you are done with writing up your questions, have them ready to be answered. You can upload them online and email them to people, like with Google Forms, photocopy them if handwritten, or you can print them out on paper, which you will have to collect back once they have been filled out. For Google Forms, make sure you have a Gmail account, click the dot square near your account icon, and select the purple icon "Forms." From there start a blank form (the square with a plus) and type in your questions and answers one at a time.

Step 4 Let your participants know that they will be anonymous at the start. Their names do not impact the data you collect, and you only want to record their responses. Letting them know that the survey is anonymous may help them feel more honest with their answers.

Group Tour:

Have a classmate or friend help you get as many participants as you can. Hand out your survey outside a park or school. Or, promote your survey on social media.

Extend the Journey:

Make more than one survey to gather more data about the cause you are supporting.

Learn New Vocabulary: anonymous, data, leading question, survey

Resources and Visual Aids: Access our blog post, How to Write Surveys:
<https://artsphere.org/blog/how-to-write-surveys/>



Your Destination:

Learn how to collect data on the impact of your social change campaign. This will help you better understand the strengths and weaknesses of your work and how you can improve in order to more effectively promote social change.

On the Path:

Step 1 Organize the responses from the survey you created in Lesson 16. It is easier to visualize the results with a pie chart, a bar graph, or even tally marks. Google Forms will automatically organize your responses for you into these visuals. Look at the similarities and differences between responses.

Step 2 Collecting data about your cause can help you find out how people feel about the issue and what you should focus on more. What changes can you make to improve your social change campaign?

Step 3 Giving your data to the organization you are supporting will be greatly appreciated by them. Posting your data online will also help everyone understand how to improve their work in order to better address the cause.

Group Tour:

Have your classmate or friend find the differences or any improvements you can make for the cause.

Extend the Journey:

Reach out to the organization you want to support, and see if they already have a survey that they provide. You can share their survey on social media to help them get more responses.

Learn New Vocabulary: collect

Resources and Visual Aids: Access our blog post, Collecting Data on the Impact of Work: <https://artsphere.org/blog/collecting-data-on-the-impact-of-work/>



Your Destination:

Learn how to create an agreement letter, a legal document that defines the relationship and terms between two parties. They are usually used for pre-contract negotiations. An agreement letter is useful when working with other people, such as interviewing community members. You need their permission to share the interview with the public, so it is important you establish the terms and boundaries with your interviewees.

On the Path:

Step 1 Writing an agreement letter is important because it sets essential boundaries and rules. It is also helpful for all parties involved to know what to expect from each other.

Step 2 Think about the rules, terms, and duties that are expected from both parties. Be sure to be very detailed to prevent any confusion. Instead of saying "Share information with each other," which is vague, say "Share any information that is learned right away with each other." It is important to establish even simple rules that set boundaries such as, "Do not release information on social media without consulting the other party."

Step 3 If you are working with a partner, make sure you all agree with it as you edit the agreement letter. With the completed version of your letter, print out a copy for yourself and for the other party. Always have the agreement letter handy.

Group Tour:

Compare your agreement letter with a partner to see if you come up with the same rules, terms, and boundaries. Compare and contrast your list of rules, and see which ones you agree on using in your agreement letter.

Extend the Journey:

Research other company and business agreement letters to see what differences and similarities you have with them. Make sure to find companies that are similar to your business.

Learn New Vocabulary: boundaries

Resources and Visual Aids: Access our blog post, Plan and Write Agreement Letters
<https://artsphere.org/blog/plan-and-write-agreement-letters/>



Your Destination:

Learn the basics on how to use Microsoft Excel, which is a useful tool for organizing data. Knowing how to use Microsoft Excel will also broaden your opportunities for employment.

On the Path:

Step 1 Open Microsoft Excel, and start a new spreadsheet with the name “Blank Workbook.” An Excel document is referred to as a workbook.

Step 2 To enter data, click on a blank cell, and start typing. You can also copy, cut, and paste any data you want into any cell. Notice that the columns are referred to as letters and the rows as numbers. Title cell A1 with the type of data you are entering, for example “Cost.” Enter data into the cells A2 and A3, for now.

Step 3 Once you have entered your data, select the next blank cell, A4. Type “=Sum (A2:A3), and then press Enter. You will get the sum of A2 and A3 automatically calculated into A4.

Step 4 To save your work, hit Ctrl + S. If you have not saved it already, you will have to name the workbook.

Step 5 To share your work, click the “Share” button in the top-right corner of the window.

Group Tour:

Have a partner look over your Excel sheet to see if you put in the data correctly. Being able to share your spreadsheet and have someone check your work will ensure that your data is accurate.

Extend the Journey:

Keep practicing using Excel. Making a spreadsheet does not have to be exclusively for data. You can make a schedule, a to-do list, or even plan events on it. Being able to familiarize yourself on Microsoft Excel will help you quite a lot.

Learn New Vocabulary: spreadsheet

Resources and Visual Aids: Access our blog post, How to Use Excel:
<https://artsphere.org/blog/how-to-use-excel/>



Your Destination:

Learn how to review your data, which is an important skill as it will help you find any data errors. Reviewing your data means you will correct your mistakes and make sure the data you entered is verified.

On the Path:

Step 1 Before starting data review, you need a complete set of data to look over. This can be the survey data that you collected and organized from Lesson 16. Keeping data accurate is important to properly understand the problems an organization may face.

Step 2 As you look over your data, think of these questions: Does the data answer your original question(s)? Does the data help you defend against any objections? Are there any limitations on your conclusions, or any perspectives you have not considered? How does the data contribute to or alter your goals?

Step 3 After reviewing your data, you should have a professional look over your database, summaries of your data and findings, and a road map on how to achieve the goals you found in your data.

Group Tour:

See if you and your partner come up with the same findings in the data. What were the similarities and differences? Any work you make should be reviewed by a fresh set of eyes. People can give different perspectives and new ideas you have not yet thought of. You may not agree with their critique of your work, but it is important to see where they are coming from and openly consider their feedback.

Extend the Journey:

Review other collections of data that you have. Doing data review is a good skill to have handy for the future.

Learn New Vocabulary: accurate, review

Resources and Visual Aids: Access our blog post, Review Data:
<https://artsphere.org/blog/review-data/>



Your Destination:

When making a self-assessment of your work, you want to be open minded. You do not want to cut corners and push anything off just because you did it yourself. You should always strive for the best in your work. In this lesson, you will learn how to self-assess a completed project.

On the Path:

Step 1 With your completed project, ask yourself these questions: Did I achieve my goal for this project? What grade would I give myself? What would I do differently? Would I feel proud about sharing it? Is this my best work? Does the project reflect the work I put into it?

Step 2 Be sure to take a break in between working. A short 5-15-minute break to get up, stretch, get a snack, use the bathroom, etc. is helpful to clear your head.

Step 3 Reflect on the work you did. It is good to also take notes on any corrections you make on your work so that you can go back to the notes and see if you make the same mistakes or if you have improved.

Group Tour:

Take your break with friends or classmates. Being able to talk about and share what you are working on can help you think of other ideas or give you a different perspective on your project.

Extend the Journey:

While working on a project, you can ask yourself: Is this the best use of my time? Is there an easier way to do this? Am I currently working towards completing my goal for this project? Am I focused on my work? Is there another way to approaching this? What environment do I do my best work in?

Learn New Vocabulary: reflect

Resources and Visual Aids: Access our blog post, Self-Assess Project:
<https://artsphere.org/blog/self-assess-project/>



Your Destination:

Learn how to share your work online. Even if the work you did was not originally posted by you, you can share it again on another platform. Research when is best to share your work online, and this will help you reach the highest engagement for your post.

On the Path:

Step 1 Share your completed work/project on a social media platform that's relevant to it. For example, if you created an art piece, it is better to upload it on Instagram rather than Snapchat because it is easier to view artwork on Instagram, and you can more effectively caption it. Or, if you are more active on Twitter than Instagram, post on Twitter. It is important to share on a platform where you are familiar with its function, your followers' activity, and the community's interests.

Step 2 Timing is very important to when you post your work. A good rule of thumb is to post at hours divisible by three: 9 AM, 12 PM, 3 PM, 6 PM, 9 PM, and 12 AM. These times are when followers are most active as they are usually when people are awake, eating, done working, and about to go to bed. These are hours that people spend the most time on social media.

Step 3 When you post your work online, be sure to know your audience. If you post on a forum that will not interest your followers, it is unlikely that they will pay much attention to the work you posted or even bother looking at it.

Group Tour:

Discuss with your partner which social media app you should post your work on. Do you agree with them or disagree? Why did you think of different apps?

Extend the Journey:

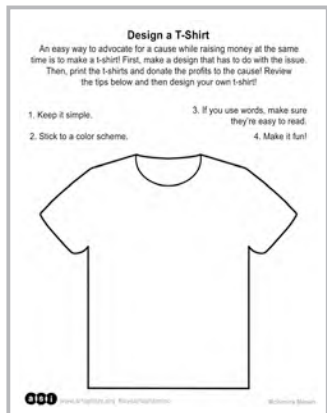
Track how well your post is doing before and after you have shared it. See if there is a difference. Does sharing your work on different platforms help?

Learn New Vocabulary: social media platform

Resources and Visual Aids: Access our blog post, Sharing Your Success:
<https://artsphere.org/blog/sharing-your-success/>

APPENDIX

12 Create an Awareness T-shirt



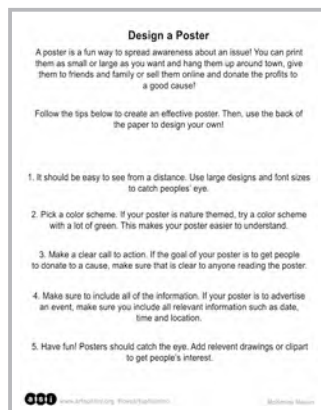
<https://bit.ly/3XwpiYh>

13 Create a Hashtag



<https://bit.ly/3kE7qfp>

14 Design a Poster



<https://artsphere.org/blog/design-a-poster/>

ADDITIONAL HANDOUTS

Write a Letter to a Politician

How to Write a Letter to a Politician

The job of a politician is to create and vote on legislation (laws) that help the people. Use the template below to write a letter to a politician about something you care about! Read the example below and remember to be courteous!

Dear Mayor,

I am writing because the park by my house has become very overgrown and it is difficult to walk on the path. **It is important to me because my friends and I have always loved playing in that park. Please consider increasing the funds for park maintenance in order to make the path passable. Thank you for taking the time to read my letter!**

Dear _____

I am writing because _____

It is important to me because _____

Please consider _____ in order to _____

Thank you for taking the time to read my letter!

Sincerely,

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<https://bit.ly/3N52sCw>

Fundraising Event

Fundraising Event

There are many different types of fundraisers that you can put together to raise money for a cause that you care about. Some are easy, like a lemonade stand, and some take a lot of work and planning, like a 5K run.

Color the ideas below and think about something that you might want to raise money for.

YARD SALE

Bake Sale

Lemonade Stand

5K Run

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<https://bit.ly/3ss6QBU>

How to Write a Petition

How to Write a Petition

A petition is a list of names of people who all agree that there is a problem that needs solving. When someone signs their name to a petition, they are stating that they believe in the goal of the campaign.

A petition is a good way to show law makers that people care about an issue.

When writing a petition, make sure to state your goal clearly and include facts and evidence to back up whatever you claim. Before writing the petition, try to answer the questions below to make sure you have a clear goal that you want to achieve. Think of something you want to change and answer the questions below on a separate sheet of paper.

1. What is the problem you want to address?
2. What is the solution to the problem?
3. Is the solution immediate, or will it take time?
4. Who has the power to make the solution happen?

There are many ways you can get people to sign your petition. You can use a website like Change.org if you want to reach across the state or country. If your issue is local, you can go door to door to collect signatures on paper. Either way, make sure to be kind and clearly explain what you're fighting for.

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<https://bit.ly/3VUKruN>

More activism handouts:

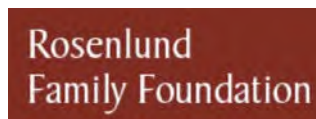
<https://artsphere.org/blog/category/arts-activism/>



Art Sphere Inc. (ASI), founded in 1998, provides meaningful free arts programs for underserved populations in an effort to engage the creativity in communities, empower neighborhoods, explore the positives in peoples' lives, and heal the mind, body, and spirit through the arts.

Working with hundreds of volunteers every year and partnering with numerous civic, academic and governmental organizations, our grassroots events help support inner-city neighborhoods. ASI's in-school, after-school, in-person and online workshops lay the framework for the arts to nourish the character and development of youth, open up a new world of social engagement and reinforce the school curriculum.

We appreciate the generous support of Penn Treaty Special Services District and other foundations and institutions who among our other supporters have paved the way for Art Sphere Inc. to continue to serve the public through on-site and online education programs.



GENESIS INSPIRATION FOUNDATION

Art Sphere Inc. receives state arts funding support through a grant from the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.

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