

# Take Action - UMA

## Good Vibes Only

Had enough of all the negative messages around? Its time to turn them around and into something positive and spread some joy!

You will need:

- A selection of old newspapers and magazines
- Scissors
- Pens and paper
- Craft materials (optional)
- Internet access (optional)



Before you begin cutting up your newspapers and magazines, have a look through them.

Are the articles mainly positive or negative?

Do they spread hope or fear?

Think about these questions:

- What do they talk about?
- How do you think they could make people feel?
- Are any specifically directed at people or groups?

Activity options:

1. What if you had the power to only put out positive messages to the world?

Cut up the newspaper headlines and rearrange the words to create your own hopeful headlines. You're going to shine a positive light on things, so good vibes only!

2. Using the newspaper and magazine create a spoken word piece, vlog or rap spreading positive messages?

How did it feel celebrating great things happening and to get your hopeful messages out there? How could you help share more positive news with you friends, family and community? Could you take option 2 and create positivity art and gift then on to spread good vibes to others.

Knowing what's going on around the world, whether it's good or bad news, is important. But is there a better way to tell bad news stories without spreading fear or targeting people?

If you have access to newspapers and magazines take the time to compare the stories between each of them. Do they talk about the same thing? Which one has the most positive and negative stories in them?

## Skills for my future - Interest badge

Entrepreneur - Part 1



Do you dream of starting your own business? Turn your entrepreneurial idea into a roaring success!

Pick a business role model

We all have people we look up to and who inspire us - it's good to learn from others who have been successful.

Choose a business role model. They could be someone who's had a brilliant business idea, someone who's managed to overcome challenges, or someone whose ethos and morals appeal to you.

Present your role model and their story, focusing on how they developed their business. Make a list of top tips you've learned from your role model.