



***How To***

**Be  
THE  
Change**

***Keeping Challenge Day  
Alive***

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# How to Be The Change – Keeping Challenge Day Alive!

“Now that I’ve experienced Challenge Day, what can I do to keep this magic going?”

If you find yourself asking this question, you are not the first! As a result of participating in the Challenge Day programs, young people around the world are making a powerful commitment to **Be The Change** they wish to see in their schools. The sad reality however, is that all too often these motivated youth return to their school community and are immediately faced with difficult choices, intense negative peer pressure, an almost universal desire to fit in, and a strong fear of rejection. The truth is they need *your* support to create lasting change.

Challenge Day creates a vision of lasting change that is best sustained through the combined efforts of students, teachers, and other adult allies. Over the years, many parents and educators have asked for our suggestions on how to sustain the impact of our programs, as well as shared their own ideas of what has worked for them.

That’s why we have created this handbook with suggestions as well as many proven activities submitted by educators and coordinators across the country who have successfully implemented them in their schools.

As you implement some of these ideas, you too, are sure to have new ones of your own. We welcome you to share these ideas with us so that we can incorporate them into future editions of this handbook. You can also log onto our “Be the Change” website at <http://www.challengeday.org/bethechange/> and share your successes with others on our blog!

Now that you have seen what’s possible, it’s our hope you will be inspired to join us in taking things to the next level.

# The “Be The Change” Movement

## Notice ♥ Choose ♥ Act

Imagine a world where young people and adults all over were being honored daily, weekly, monthly, and annually for their significant contributions. What if people across the globe were inspired to share food, shelter, and resources? What if our human family could unite as one? Would you call that a miracle? Or could it be simply the result of “Being the Change”?



The **Be The Change** Movement is inspired by the words and actions of Mahatma Gandhi and fueled by Challenge Day’s vision that every child lives in a world where they feel safe, loved and celebrated. It consists of like-minded individuals linked by a common desire to make a positive change in the world around them. The **Be the Change** Movement inspires people to **NOTICE** what is happening in the world around them, **CHOOSE** actions that create positive change, and **ACT** as a living example of the power of contribution, and compassion.

Given the current state of our world with violence, pollution, poverty, addiction, social oppression, isolation and threats of war, many of us are left feeling fearful, victimized, or alone.

By joining the **Be The Change** Movement, you are **making a commitment to perform at least one intentional positive Act of Change per day**. In doing so, you are not only ‘being the change you wish to see in the world’, you also immediately serve as an inspiration and support to others!

Challenge Day challenges students, educators, and people everywhere to utilize the Formula for Change - **Notice, Choose, and Act** – to create connection by bringing the movement to their communities.



# A “Be The Change” School

Our goal is that schools and communities everywhere will create **Be The Change** Schools by incorporating the **Be The Change** Movement as an integral part of their school communities. What does this look like? Well...

## In a *Be The Change* School:

- ♥ Every student, teacher, and administrator takes full responsibility for *being the change* they want to see on their campus.
- ♥ Daily service and contributions are an important part of each student’s graduation requirements.
- ♥ Everyone in the community can enjoy the mutual respect, open communication, acceptance, compassion, and commitment that are essential for growing, loving, and learning. This is a healthy learning community.
- ♥ Teachers, administrators, students, and parents are all looking to ‘catch’ one another doing great things.
- ♥ Regular recognition ceremonies and awards are given to students, teachers, administrators, and parents who are making significant contributions to their school community.
- ♥ Community Scholarships are awarded to Seniors whose teachers and peers believe they have made the most consistent contributions on their campus.
- ♥ Parents and concerned business and community members are united in being actively involved supporting their local schools’ efforts.
- ♥ Educators understand that students learn better and retain more when they feel safe, loved, and celebrated in the classroom.

# “Being the Change” After Challenge Day

The Challenge Day program is not designed simply to be a one-day event. Instead, our intention is that it awakens and inspires participants to take steps in creating the schools and communities of their dreams! The program can be integrated with leadership, mentorship, or conflict resolution programs that already exist at your school. The *ideal* follow-up would be to use Challenge Day to kick off a school-wide **Be The Change** Movement, designed to support efforts in building acceptance, compassion, and respect for all students.

Below are some ideas and activities proven to be particularly helpful in creating safe, loved and celebrated communities across the globe. Join the growing worldwide Be the Change Movement by introducing these tools to your community!

## ♥ **The *Be The Change* Movement**

Introduce classes to the Be The Change Movement and daily Acts of Change on campus. Have Challenge Day graduates share their experience of the program with others as a means of enrolling people into school-wide participation in Challenge Day’s Be The Change Movement.

## ♥ **Be The Change Reminder Posters**

Post ‘Be the Change’ and ‘Notice, Choose, Act’ reminder posters and banners in strategic locations in your classrooms and hallways.

## ♥ **Create Be The Change Classrooms**

Incorporating the Challenge Day – **Be The Change** principles in daily classroom activities is simple and extremely powerful. Discuss what it means to ‘notice, choose and act’. Brainstorm changes that you and your students would like to contribute to the school.

## ♥ **Track Acts of Change**

Challenge students to make at least one daily positive contribution or intervention on campus and document it. An Act of Change can be as simple as saying hello to 10 new people in the hall, helping someone with their homework, sticking up for someone who is being teased, or eating lunch with someone new. An Act of Change can be as significant as getting help to stop a fight on campus or volunteering at a homeless shelter. If time allows, we encourage teachers to have students share their contributions either aloud or in pairs with partners. This process can take very little class time and has the ability to quickly shift the climate of your classroom. Students move from a “victim” mentality to being empowered contributors who understand they actually have the power to create the schools and lives of their dreams. By requiring this simple documentation, individual accountability is encouraged and new habits can be quickly formed. We encourage teachers to create regular opportunities to highlight and celebrate significant student contributions.

## ♥ **Balloon Share**

Start every day by having students pair up with a person they know the least (new partners everyday) to practice two of the most important tools taught in Challenge Day: dropping the waterline/emptying their emotional balloons and giving one another the gift of listening. This creates a strong sense of inclusion and connection among classmates, and students are less distracted, clearer thinking and more present for the day's lessons (approximate time: 5-8 minutes; less time required once it becomes familiar).

## ♥ **Put-down Free Zone**

Make your classroom a put-down free zone. Get students to agree and support you and each other in honoring this agreement.

## ♥ **Norms**

Have students co-create norms for how they would like to see people treated in their classroom and brainstorm ways to enforce these norms. Get an agreement.

## ♥ **Appreciations**

End each class day with partner or group appreciations, compliments, and/or celebrations, or simply encourage students to share three to six hugs before leaving class.

## ♥ **Positive Posters**

Make positive posters and inspirational messages clearly visible to all who enter the room.

## ♥ **Next Step to Being the Change Workshop**

Enroll key teachers and students in attending Challenge Day's Next Step to Being the Change workshop. For more information or to register, visit our website at [www.challengeday.org](http://www.challengeday.org)

## ♥ **T-shirt Award Program**

Purchase **Be The Change** t-shirts and award them to students who continue to make positive contributions three to four weeks after your Challenge Day events. Awards can be given based on the recommendations or nominations from teachers and peers. Visit the Challenge Day website to order T-shirts and to see other product choices.

## ♥ **Daily Challenges**

Have Challenge Day graduates brainstorm a list of daily **Be The Change** challenges for the entire school. These daily challenges can be suggestions for change that are put out to the entire school as part of the school's daily announcements. Some examples include:

### **The Challenge for Today is to:**

- Invite someone new to eat lunch with you and your friends.
- Say hello to ten new people.
- Do something nice for someone without them knowing it.
- Say you're sorry to someone you know you've hurt in the past.
- Share at least three intentional compliments with people at school today.
- Write a card or letter thanking someone you love.
- Give an unexpected gift to someone.
- Thank a teacher or other adult for making a difference in your life.

### **♥ Use the “Teen Files: Surviving High School” Curriculum**

Order a copy of the Emmy Award-winning “*Teen File: Surviving High School*” documentary and curriculum (part of the Challenge Day program) for use in your classrooms. Contact the Challenge Day office or visit our website at [www.challengeday.org](http://www.challengeday.org) for details on how to get the curriculum. The curriculum is designed to allow teachers and students to review a number of important teen-related topics during six educational sessions. Topics include body image, labels and stereotypes, suicide, gender training, and team building.

### **♥ Share the Experience**

Have students write reports or stories about their experience of Challenge Day, or their Acts of Change, then read them aloud or post them for others to read.

### **♥ Contribution Catchers**

Have Challenge Day graduates spend a day or a week “catching” people doing positive Acts of Change on campus. Announce or reward those people making positive contributions.

## ♥ Wanted Posters

Have students create “Wanted Posters” outlining the type of classmates and friends they would like to see in their classroom. Have each student read their poster and then post it for all to see. An example is:



## ♥ Secret Buddies

Assign each motivated Challenge Day graduate a secret buddy on campus. This buddy is someone they can do nice things for without the person knowing. Have participating buddies share their experiences at least once a week. Teachers can also give extra credit to buddies who document their activities.

## ♥ Classroom Community Building

Have students find a partner they don't already know very well. Then have students interview one another and learn as much as possible about the other person. Next have the interviewers introduce their partners to the entire class as a new friend. For example, “I'd like to introduce you to my new friend (name). Some things you would love about him/her are (list).” For a twist, other students in the class can be asked to add one or two positive observations of their own.

## ♥ Positive Poster Campaign

Have students make positive educational posters using themes from Challenge Day. These posters can be hung in strategic places all over campus and can serve as reminders to Challenge Day graduates and discussion starters for their peers. Some examples include:

- Have You Dropped Your Waterline Today?
- Remember to Switch Your Thumbs
- **Be The Change:** Notice – Choose – Act
- Empty Your Balloons in Positive Ways
- Include Everyone
- Real Living Begins When We Risk Stepping Outside of Our Comfort Zones

### ♥ **Personal Inventories**

Have students make a list of at least ten people who they feel they have hurt, teased, humiliated or let down in some way. Ask students to write letters, apologize directly or call these people to make their amends. Students can write about their experiences or share them with classmates the next day.

### ♥ **Peace Pole**

Plant a Peace Pole somewhere on campus and organize a Peace Pole planting ceremony. Have Challenge Day Graduates work on the organizing team and speak in support of acceptance and non-violence. Find out more about the The Peace Pole Project and how to get a Pole at: <http://www.peacepoleproject.org/>.

### ♥ **Challenge Day Reunion**

Have a Challenge Day follow-up gathering one week after the program. Have students share any accomplishments or celebrations they've experienced. Have students create plans for taking the message to the rest of the school.

### ♥ **Challenge Day Leadership Conference**

Host a Challenge Day Leadership Conference in your community. This program provides leaders and students from rival schools opportunity to build powerful alliances and to break down stereotypes and judgments that often separate members of the various school communities.

### ♥ **Diversity Day**

Organize a Diversity Day on campus. Have teachers and students create presentations, or come dressed in a way that represents their own culture or another that they respect or admire. If possible have the cafeteria create a culturally diverse menu for the day.

### ♥ **Challenge Day Mural Project**

Have Challenge Day graduates and other interested students create a mural on campus that exemplifies the lessons of Challenge Day for the entire school community.

### ♥ **“Chicken Soup for the Teenage Soul”**

Have students read *Chicken Soup for the Teenage Soul* (be sure to read the Challenge Day story!) and then share their favorite stories with their classmates. You can also have students write stories of their own and then submit them for possible inclusion in the Challenge Day newsletter and possible other books and publications.

### ♥ **Diversity Calendar**

Give Challenge Day graduates and other students extra credit for researching special dates and creating a Diversity Calendar for your school. Have them explain the traditions behind each holiday.

### ♥ **Poetry Jam or Slam**

Have the English department sponsor a poetry jam or slam in which students read aloud their original poems or raps that focus on breaking down stereotypes, promoting respect for diversity, and/or addressing issues of acceptance, peace, and unity.

### ♥ **Make a Difference Assembly**

Organize a school wide Make a Difference Assembly. Have the entire school write short stories that showcase teachers and students who have made a difference in the school community by helping others. Selected stories can be read to the entire school community and special prizes and awards can be given to both the writer and the people making significant contributions on campus.

### ♥ **Student News**

Have students from the school newspaper interview Challenge Day grads about their experience of Challenge Day and include their suggestions on how to keep Challenge Day alive.

### ♥ **Hand Signal**

Incorporate the use of the “I love you” hand sign into the classroom as a way to respectfully get people’s attention, and as a way of greeting one another on campus.

### ♥ **Circle of Change**

Have students enroll their parents in creating or joining a Circle of Change in your community. Contact the Challenge Day office for details and support materials.

### ♥ **Appreciation Put-ups**

Have students create appreciation notes and place them on or in other student’s lockers.

### ♥ **Standing Ovation Activity**

Have one student each day stand and complete the sentence, “If you really knew me...” for one or two minutes. When they are complete have the class give the person a standing ovation for at least 30 seconds. (Note: this activity not only feels good to the person speaking, it also serves as a great release of energy for the rest of the class).

### ♥ **Support Group**

Create an ongoing support group for motivated students with the goal of building support and connection among participants.

### ♥ **Peer Support**

Start a peer mediation or conflict resolution program on campus.

### ♥ **Guest Speakers**

Recruit guest speakers and civil rights leaders who students respect and admire to come as motivational speakers.

### ♥ **Peace Day**

Organize a Peace Day on campus. Have curriculum in all classes focus on an aspect of peace. Have students speak out on how they believe peace can be increased on campus.

### ♥ **Safe Lunch**

Create a safe lunch spot where teachers, peer leaders, and other safe people can be available for students who feel left out or alone at school. Make it fun and cool to be there!

### ♥ **Student Outreach Team**

Organize a team of students to serve as peer greeters welcoming new students to campus and consciously looking to include students who are being neglected or left out. You may also want to have students prepare a new student welcome and orientation packet. Team members can also be honored for their contributions on campus.

### ♥ **Share the Miracles**

Have students write poems about miracles and successes for possible inclusion in the Challenge Day “Making Miracles Happen” electronic newsletter. Submissions can be mailed to the Challenge Day office or e-mailed to [office@challengeday.org](mailto:office@challengeday.org).

### ♥ **Appreciation Letters**

Have students write an appreciation letter to someone they really love and share with a classmate who they are writing to and why.

### ♥ **Student Resources**

Provide students with phone numbers and contacts for dealing with individual needs. For a sample, see the ‘Creating Resource List’ page in the *Challenge Day Coordinator’s Handbook*. You can also have a student resource fair where local youth resources set up displays and interactive booths during lunch or as part of other community events.

### ♥ **Community Quilt Project**

Have Challenge Day graduates create quilt squares that summarize lessons they’ve learned. Create a quilt and display it in an appropriate place on campus.

### ♥ **Contributions**

Have teachers give extra credit or special recognition to students who creatively contribute in positive ways.

### ♥ **Recognition Awards**

Create opportunities to recognize students, teachers, administrators, parents, and community members who go the extra mile to be of service to others. Consider soliciting awards from community members.

### ♥ **Anti-teasing Campaign**

Have Challenge Day graduates create an anti-teasing assembly or classroom presentation for elementary students in your area.

### ♥ **Elementary Unity Mural**

Have Challenge Day graduates and other student leaders create a unity mural at a local elementary school.

### ♥ **Idea Sharing**

Submit other great ideas to the Challenge Day office by e-mailing us at [office@challengeday.org](mailto:office@challengeday.org) . Blog your suggestions and positive connection experiences for all to learn from at <http://www.challengeday.org/bethechange/> .

# What Teachers Can Do to “Be the Change”

- ♥ Remember your favorite teachers and incorporate some of their qualities into your own teaching styles.
- ♥ Commit to participating in the **Be The Change** Movement.
- ♥ Allow class time for students to empty their emotional balloons.
- ♥ Allow class time for students to share their daily Acts of Change.
- ♥ Teach the Challenge Day balloon theory and offer many opportunities to express feelings and emotions in positive ways. Remember, we all have a place inside where we store unexpressed emotions and feelings (we call it a balloon). If students don't learn healthy ways to empty their balloons, they will “leak out” as teasing, yelling and violence; or they will often numb them through drugs, alcohol, tobacco, or other unhealthy behaviors. Making time for students to empty their balloons can make a huge difference. Students who empty their balloons on a regular basis not only feel better, they also think more clearly and learn more easily.
- ♥ Post the iceberg poster in your classroom as a reminder to Challenge Day graduates to “drop the waterline.”
- ♥ Make your classroom a put-down-free zone. Don't allow teasing or put-downs of any kind in your classroom. Even “jokes” can do great harm. Kids learn better when they feel safe. Remember, you have the power to hurt or heal with your words. Your role modeling is always your best teaching tool.
- ♥ Support the school's administration in incorporating the **Be The Change** Movement on campus.
- ♥ Support and be involved in your school's Challenge Day and other student support programs.
- ♥ Offer extra credit for special project assignments that encourage students to be of service to others.
- ♥ Understand and remember that EIQ (emotional intelligence quotient) is just as important as IQ and that there is more to the student than his/her GPA.
- ♥ Generously share your love and respect for your students and feel appreciative of your school's administration.
- ♥ Commit yourself to every student's success and safety.
- ♥ Model the behavior you wish to see in your students.
- ♥ Teach and model attentive listening. Remember, the “Gift of Listening” is the best gift you can ever give another person. You don't have to fix the problem or relate. If a student needs advice, they will ask for it. Be a caring resource. Remember to be interested, maintain eye contact, and listen to every student with your ears and your heart.
- ♥ Be creative, enjoy your job and make learning fun!

- ♥ Celebrate diversity and incorporate diversity education whenever possible. It is often only lies and misinformation that cause us to judge and separate ourselves from others. Anything we learn, we can unlearn. Provide regular opportunities for students to learn the truth about one another and to celebrate the differences between them.
- ♥ Educate yourself on various learning styles and differences. Remember to vary your approach to reach students of all learning styles.
- ♥ Incorporate cooperative learning and peer-to-peer learning situations whenever possible. Work in small groups whenever possible, mix in pairs, change seating often. Isolation and loneliness can kill a student's self-esteem. Remember, loneliness does not come from a lack of people; loneliness comes from a lack of *connection* to people. Help students meet and care for one another. Young people who know each other are far less likely to hurt one another.
- ♥ Avoid yelling at or disrespecting your students. Always model appropriate boundaries. Remember that "discipline" means to teach and not to punish or humiliate.
- ♥ Incorporate Challenge Day and **Be The Change** themes and teachings into your lesson planning whenever possible.
- ♥ Help students identify their own dreams and passions. Help students make the connection between their schoolwork and their dreams.
- ♥ Understand that enrolling student support and positive behavior starts with the teacher actively looking for ways to celebrate every student.
- ♥ Include everyone. A word of encouragement, a compliment, or a chance to participate can work wonders. Be interested. Pay attention. Remember: every student deserves to be seen and heard. Let all students know they matter to you.
- ♥ Maintain open lines of communication and involvement with your students' parents.
- ♥ Make it a regular practice to celebrate student successes and individual efforts.
- ♥ Create regular opportunities for students to appreciate, validate, and acknowledge one another.
- ♥ Set up recycling and reuse materials whenever possible. This is a great way to demonstrate our interconnectedness with our planet. Give extra credit for community service and environmental projects that support personal contribution and responsibility. Guide students in taking personal responsibility for all their living environments.
- ♥ Solicit student input for classroom norm setting, conflict resolution, and problem solving. Design the ideal classroom with your students by brainstorming norms for attitude, behavior, and safety. Be sure that everyone who is expected to respect the norms is also part of their creation. Invite students to assist you with enforcing the norms they asked for and transfer responsibility for enforcement to them when possible. Review and update norms on a regular basis.

- ♥ Be Proud! Support your students in being proud. Role model pride and self-respect in all you do. Allow regular times for students to be proud and celebrate themselves and their accomplishments.
- ♥ Help students see that personal responsibility is the key to every interaction and choice we make on our planet. Help students understand that we are all powerless over other people, places and things and completely powerful over ourselves. The foods we eat, the way we treat one another, litter, violence, drugs, etc., all impact our lives and the lives of those around us in some way. Brainstorm responsible and supportive choices and behaviors that students would like to see. Help them see their part in creating healthy relationships at home, in the classroom and everywhere on our planet. Reinforce the short- and long-term benefits of taking personal responsibility whenever possible.
- ♥ Enjoy healthy friendships with other adults and empty your own balloon on a regular basis.
- ♥ Remember there is no such thing as a bad kid! Young people who act out the most are also in the most pain. They need love and limits. Commit to finding creative ways of letting every student know and believe that you see their goodness and believe in who they are. Help them get support. Be patient and respectful at all times.
- ♥ Attend Challenge Day's ***Next Step to Being the Change*** workshop for continued personal support and more ideas for keeping the message of Challenge Day alive at school.



# What Administrators Can Do to “Be the Change”

- ♥ Commit yourself to participating in the **Be The Change** Movement.
- ♥ Take active leadership in enrolling teachers and students to commit to creating a **Be The Change** school.
- ♥ Support teachers in allowing class time for students to empty their emotional balloons and share their daily Acts of Change.
- ♥ Support the school’s incorporation of the **Be The Change** Movement on campus.
- ♥ Support and be involved in your school’s Challenge Day, Mentorship, and other student support programs.
- ♥ Understand that your primary role is to empower your staff to support student success.
- ♥ Seek out emotionally intimate relations with staff and students.
- ♥ Participate in Challenge Day programs and other school events.
- ♥ Serve as a school spokesperson for the Challenge Day program and all other peer support programs on campus.
- ♥ Actively support and invite significant and supportive parent involvement on campus.
- ♥ Understand that students learn better and teachers teach better when they feel loved and supported at school.
- ♥ Network with community agencies, organizations and services that support the overall goals of the school.
- ♥ Know as many students and staff as possible and maintain an open-door policy. Show interest in the students’ personal lives. Listen, keep in touch, and follow up, maybe even call them at home to be sure everything is all right.
- ♥ Attend Challenge Day’s **Next Step to Being the Change** workshop for continued personal support and more ideas for keeping the message of Challenge Day alive at school.
- ♥ Encourage and support the creation of community support for Challenge Day programs and the **Be The Change** Movement at your school.

# What Students Can Do to “Be the Change”

- ♥ Join the **Be The Change** movement and commit to do at least one intentional positive Act of Change each day and document it.
- ♥ Become part of the solution and understand that you need to **Be The Change** you want to see.
- ♥ Become a Mentor, peer counselor or tutor, and/or participate in other school based service or leadership activities.
- ♥ Encourage parents and concerned community members to join or start a Circle of Change in your community.
- ♥ Participate in the planning and set-up of your school’s Challenge Day, Mentorship, and other programs.
- ♥ Treat your peers with love, acceptance, compassion and respect.
- ♥ Encourage teachers and administrators to allow class time for students to empty their balloons and share their Acts of Change.
- ♥ Celebrate diversity and learn about different cultures, lifestyles, and heritages.
- ♥ Assume full responsibility for your behavior.
- ♥ Help make your classrooms safe for students to be themselves and to ask questions when they don’t know something.
- ♥ Speak out against racist or oppressive jokes and behavior, and seek to be allies with those who are being hurt or teased.
- ♥ Enjoy learning, and improve your sense of self-worth and mastery in school.
- ♥ Learn to communicate and work well with others.
- ♥ Build positive relationships with your teachers and administrators. Share your appreciation for those who go the extra mile.
- ♥ Eliminate any “labels” or stereotyping language from your vocabulary and help others do the same.
- ♥ Eat lunch with new people.
- ♥ Remember to empty your emotional balloon on a regular basis.
- ♥ Actively include students from all walks of life in your activities and social circles.
- ♥ Consciously do service or share acts of kindness for others without seeking any compensation or acknowledgment.
- ♥ Work to create open communication with your parents, teachers, and other adults in your lives.
- ♥ Be generous with compliments and say “thank you” often.
- ♥ Support your friends in making healthy choices.

- ♥ Know your school and community support resources.
- ♥ Cross your thumbs a new way every day.
- ♥ Notice, Choose, and Act!
- ♥ Go outside of your comfort zone.
- ♥ Have the courage to stick up for others.
- ♥ Be a powerful, positive, active leader.
- ♥ Have the courage to take away the keys if someone shouldn't be driving.



# Suggestions for Incentives and Recognition

One of our favorite parts of the Challenge Day vision is creating a world where everyone feels *celebrated*. Use these suggestions to make sure your peers and community members are acknowledged for the conscious change they are creating in the world!

## ♥ Board of Change

Create a bulletin board somewhere on campus with announcements, accomplishments, photos, and monthly awards.

## ♥ Newspaper

Make a relationship with a local newspaper and enroll their support in honoring your group's accomplishments. Have an ongoing **Be The Change** column.

## ♥ Students of the Week or Month

Select a student of the week or month in each classroom and post photos of these people on the Board of Change. Community contributions can also be solicited as student awards.

## ♥ Be The Change Awards and Assemblies

Host a **Be The Change** Awards ceremony or assembly to honor and celebrate your group and individual accomplishments.

## ♥ Challenge Day E-Newsletter/Website

Assign a representative from your group to submit your group's accomplishments to the Challenge Day office for inclusion in our nationally distributed e-newsletter and website materials. E-mail your submissions to [office@challengeday.org](mailto:office@challengeday.org), or blog them at <http://www.challengeday.org/bethechange/>.

## ♥ Senior Scholarship Awards

Present scholarships to the graduating male and female students nominated by their peers and teachers for making significant positive contributions to their school community.

**“Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed, it is the only thing that ever has.”**

- Margaret Mead