Thank you for downloading our BUTTERFLY CHALLENGE PACK

With schools closed across the UK, parents are finding themselves juggling working from home with looking after and entertaining their kids. We are all worried about keeping our families safe. Some of us are quarantined or self-isolating too. It’s putting us all under tremendous pressure.

We’ve pulled together some of our favourite activities below to help keep kids busy and engaged.

Reaching children when they’re young, so that we all learn to value difference is so important. Obviously we can’t replace our wonderful teachers, and these resources are fun rather than educational, but perhaps we can offer some inspiration and distraction, and take the pressure off just a little!

Did you know that fewer than 3 in 10 young people are likely to be friends with someone who has a visible difference?

We really hope you enjoy celebrating Face Equality Day 2020 with us!

#FaceEqualityWeek

A SMALL ASK...

We know that the social and economic impact of Coronavirus will be significant. These activities are free - of course! - but if you like what you see and you want to keep young people connected and helping others during this period, please consider making a donation. Every penny really does make a difference.

To make a donation visit: www.justgiving.com/campaign/FaceEqualityWeek or text FACEEQUALITY £5 to 70085 to donate £5

or contact the Fundraising Team by emailing fundraising@changingfaces.org.uk
Join our Butterfly Challenge

Here’s how:

1. Draw or make a Butterfly

2. Write their name and age on the drawing

3. Share a photo to our social media using #FaceEqualityWeek or email Fundraising@changingfaces.org.uk

Your Butterfly Challenge could take place in a classroom setting, on the kitchen table, or via a virtual platform such as Zoom.

Whilst you’re creating your butterflies why not use our Conversation Starters on page 3 to start talking about visible difference.

These activities have been designed to be completed with resources that people are likely to have in their homes or classrooms.

**Colour a Butterfly**

Print out our butterfly colouring sheet. Why not put it in your window to show your support? Don’t have access to a printer? We would love to see your own interpretations and creative designs.

**Salt Dough**

Salt Dough is fun for all ages and great for little hands especially! This simple home-made clay can be coloured in and painted, or bejewelled with stickers and sparkles

*How to make salt dough:*

- 250g plain flour
- 125g table salt
- 125ml water

*Method:*

- Preheat the oven to its lowest setting and line a baking sheet with baking paper.
- Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
- Transfer the dough to a floured work surface. Roll it out and cut out shapes, you can use a mould, cookie cutter, or just freestyle.
- Put your creations on the lined baking sheet and bake for 3 hrs or until solid. Leave to cool and then paint.

**Butterfly Collage**

Print out our butterfly colouring sheet and decorate with coloured paper, glitter, ribbons, whatever you feel like. How about challenging yourself to use materials that would otherwise be thrown away?

**Junk Model Sculpture Butterfly**

Go 3D! Make a model butterfly using boxes, bottles, tins... anything that might be thrown out! We want to see creativity!

Make sure to share your butterfly creations with us on social media

#FaceEqualityWeek
Use our Conversation Starters to help you discuss visible differences. Our self-help guides for children and young people are also useful tools if you’re talking about looking and feeling different. [https://www.changingfaces.org.uk/adviceandsupport/self-help/children-young-people](https://www.changingfaces.org.uk/adviceandsupport/self-help/children-young-people)

Every butterfly has a unique pattern. Some butterflies are bright and bold, and others have special markings so they can blend in with their surroundings.

**Conversation Starters**

What type of butterfly would you be? Why did you choose that butterfly type?

What makes you ‘you’?

Do we make judgements about people based on how they look? How do you think this makes people feel?

Can you tell much about a person just by looking at them?
More activities to enjoy

Hear experiences from our champions

In Scotland, our Youth Action group made up of 14 young people explain what it’s like living with a visible difference and what they aim to achieve.

Click here to watch.

Use our education resources

If you’re a teacher, parent or carer who would like to use the subject of visible difference for a structured learning opportunity, we have some helpful resources available on our website.

Click here to access them.

Watch 'Wonder'

'Wonder' was released in 2017. Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with a visible difference, as he enters mainstream schooling.

The film is currently available for free on All 4 (Channel 4’s catch up platform) and is rated PG.

Check out our activity pack for the film here.

Support for children and young people with a visible difference and their families

During this challenging time, our Wellbeing services for children and young people with a visible difference and their families are still open and here for you. We can offer emotional and practical support via online video call, as well as support by telephone or email. If you’re a parent, guardian, or a young person aged 16-18, just contact our Support and Information Line here or call 0300 012 0275 to find out more about how we can help.

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