



**CHANGING
FACES**



BUTTERFLY

CHALLENGE PACK

Thank you for downloading our



BUTTERFLY CHALLENGE PACK

Parenting has always been tough, but having to support you and your family's wellbeing during all the uncertainty surrounding COVID-19 has made it even tougher.

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

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

Reaching children when they're young, so that we all learn to value difference is so important. These resources are fun rather than educational, but perhaps we can offer some inspiration and distraction, and take the pressure off just a little!



A SMALL ASK...

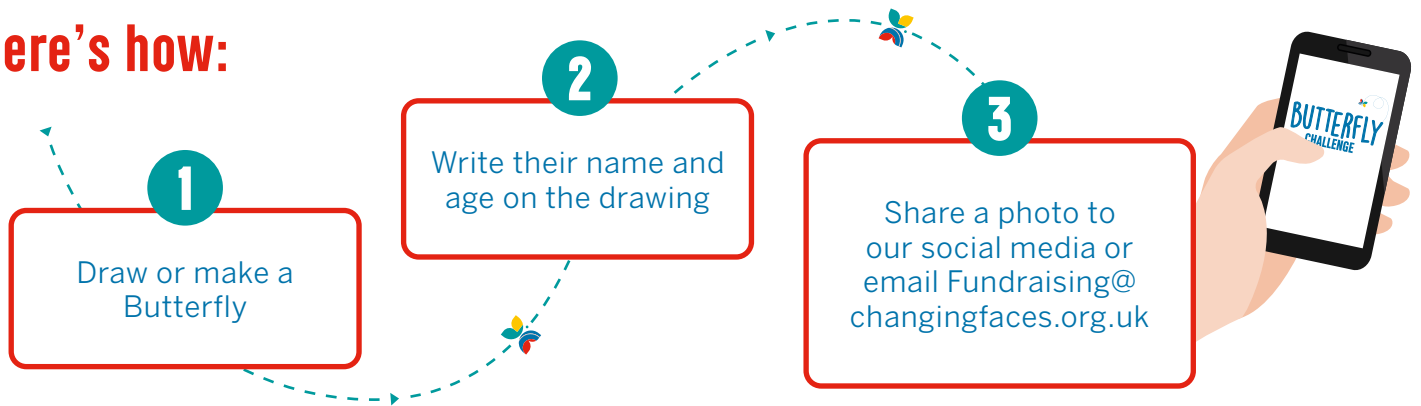
These activities are free - of course! - but if you like what you see and you want to keep young people connected and helping others during this period, please consider making a donation. Every penny really does make a difference.

To make a donation visit:

www.changingfaces.org.uk/donate 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:

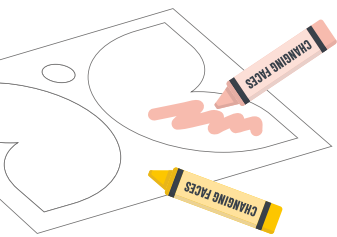


Your Butterfly Challenge could take place in a classroom setting, on the kitchen table, or via a virtual platform such as Zoom.

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.

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!

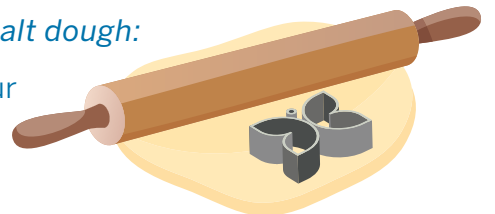


Salt Dough

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.



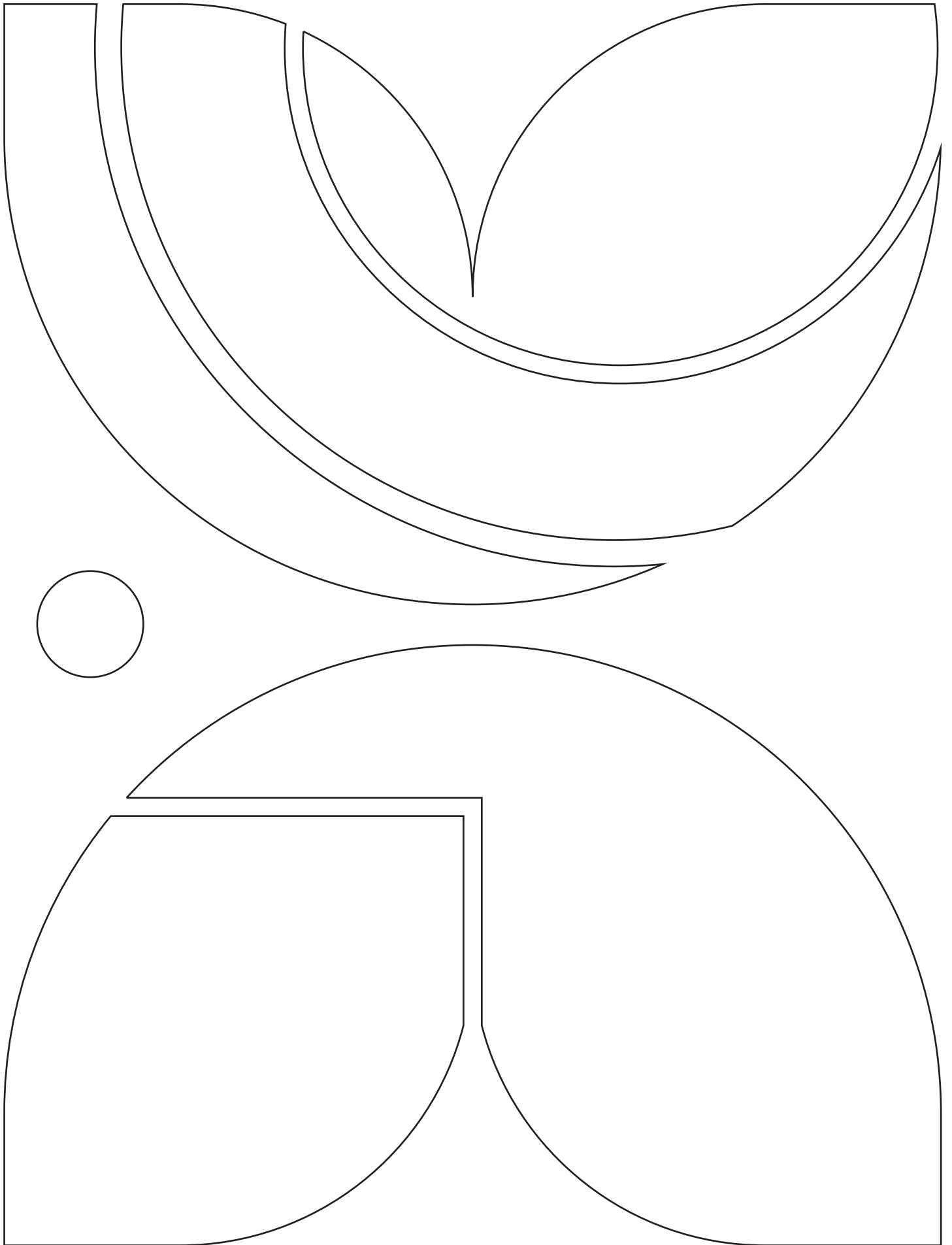
Make sure to share your butterfly creations with us on social media

[f /ChangingFacesUK](#)

[t /FaceEquality](#)

[i /ChangingFacesUK](#)

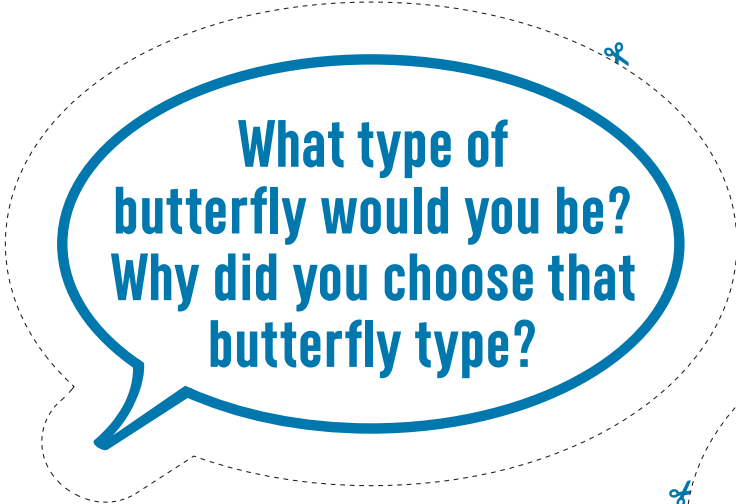
Butterfly colouring sheet



Conversation Starters

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. www.changingfaces.org.uk/advice-guidance/children-parents-families/

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.




**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.

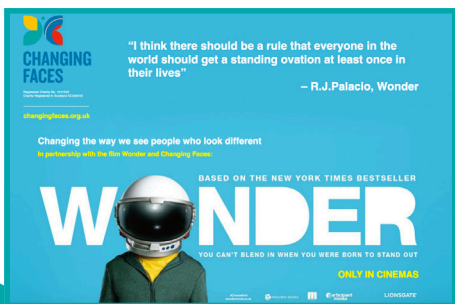
Click [here](#) to watch.



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.



To make a donation visit:

www.changingfaces.org.uk/donate or
text **FACEEQUALITY £5** to **70085** to donate £5
or contact the Fundraising Team by emailing fundraising@changingfaces.org.uk