



CLIMATECHANGEMAKERS.SCOT

INVESTIGATE

MISSION 1

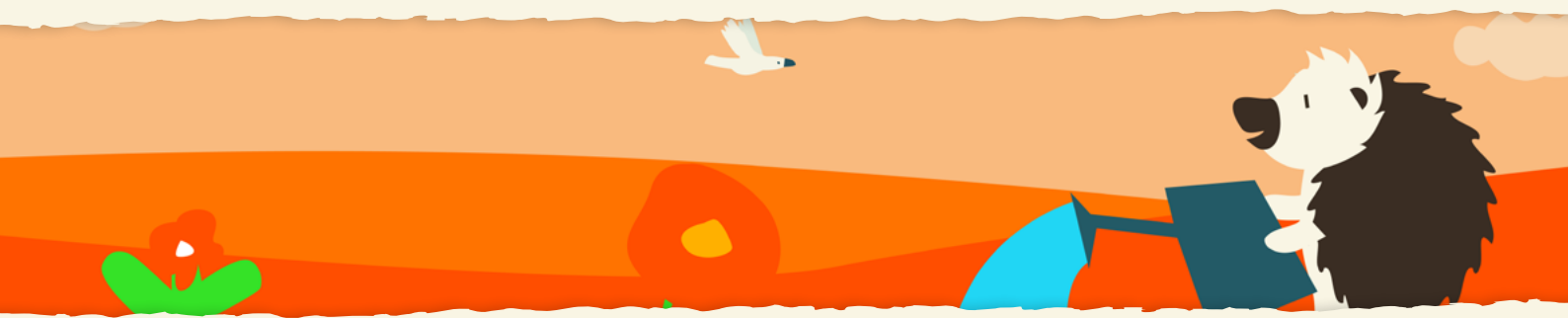


MISSION 1

HELLO THERE,

Welcome to your first mission! Before we get started, we'd like to introduce you to the Children's Parliament in Scotland and what Climate Changemakers is all about.

Children's Parliament is about making children's rights real in Scotland. Children's rights are promises from adults that exist to make sure every child can live happy, healthy and safe lives, be treated with kindness, empathy, trust and dignity, and have their say. A list of children's rights can be found in the United Nations Convention on the Rights of the Child or UNCRC for short. Children's Parliament has created a version for children called the [Wee Book of Promises](#).



Children's Parliament brings children and adults together so children can share their views and ideas on what they need to grow up happy, healthy and safe in Scotland. One of the most important issues for children since Children's Parliament was created in 1996 has been climate change and children's right to a healthy environment.

It's a very important moment in history for children's rights in Scotland and a very important moment for tackling climate change. Say hello to some Members of Children's Parliament who explain why...



We're Members of Children's Parliament from across Scotland. We're the first children to have taken part in a citizens' assembly about climate change. Citizens' assemblies are a new way of making decisions. People from all walks of life are invited to learn about an issue from experts, and then discuss and come up with big ideas together for decision-makers to take action.

In 2020, just over 100 people were chosen to form a citizens' assembly to discuss how Scotland should tackle climate change. To be part of this Climate Assembly, you had to be over 16 years old so Children's Parliament was invited to make sure children could share their views and ideas too. That's where we came in! Just over 100 Members of Children's Parliament investigated climate change and the solutions for Scotland. We came up with 41 'calls to action' for the Scottish Parliament, along with the adults' recommendations. Here's a [wee film](#) about our investigation and calls to action.



NOW WE WANT TO GET YOU INVOLVED!

Children have good ideas, just like adults. Sometimes, children even have better ideas than adults. Climate change is happening now, so it is right that children have a say on what happens to stop it. We need to help to make the decisions as it's our world too.

The following missions will help you do your own investigation, so you can create calls to action for adult decision-makers in your local area. We did these activities as part of our investigation, so we hope you enjoy doing them too! As a Climate Changemaker, you will:

- Learn about climate change and what this means for your local area, Scotland, and the world
- Discover ways to have your say on how Scotland should tackle the climate emergency
- Work with adult decision-makers in your local area to help them understand what you need them to do to make sure everyone is able to live in a happy, healthy and safe environment

We can't wait to hear how you get on!

Have fun,

Children's Parliament

climatechangemakers.scot





MISSION 1: CHECKLIST

FOR YOUR FIRST MISSION COMPLETE THE FOLLOWING TASKS:

CREATE YOUR INVESTIGATION DIARY

Recording what we learn and how we feel is a really important skill. It helps us to feel happy about what we have achieved. Use our guide to create your investigation diary.

CHOOSE YOUR INVESTIGATION MASCOT

In our Climate Assembly investigation, Members of Children's Parliament chose an animal team mascot – Brochan the hedgehog. As we couldn't work together in person because of coronavirus, Brochan visited all the children during the investigation by post. You can adopt Brochan as your mascot or come up with your own! Draw a picture of your mascot in your investigation diary.

'GIS' A 'HI-FIVE!'

We know that there are lots of things that make you the amazing person you are. Use our hi-five activity to tell us all about them!

KEEPING HAPPY, HEALTHY AND SAFE

There are lots of things to think about when it comes to the climate emergency and this can leave children and adults feeling worried. This is because we care a lot about making sure the planet (and everyone who lives here!) is healthy and safe and want to be part of the solution. The good news is – you can! Having your say is a really important part of this.

If we are working towards a happy and healthy future, being a Climate Changemaker should be a happy, healthy and safe process too. Looking after our mental health and wellbeing is really important when being a Climate Changemaker. Members of Children's Parliament from across Scotland have amazing ideas and top tips for looking after our mental health and wellbeing which you can find out about in this mission.

Remember, if you ever feel worried or scared, then it is important for you to choose an adult you trust and share your worry with them.

MISSION COMPLETE

INVESTIGATION DIARY

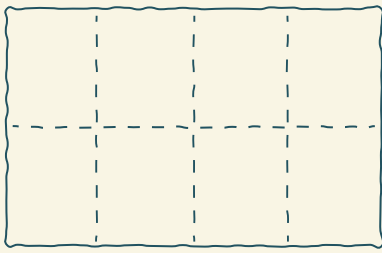


Part of becoming a Climate Changemaker is learning more about yourself and your feelings so you can decide what changes you want to see and know what will help you to feel happy, healthy and safe along the way.

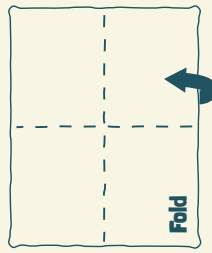
Recording your learnings and feelings is a really important skill. It helps us to feel happy about what we have achieved. Use a notebook or scrapbook to keep a diary of your investigation! You can write, draw pictures, or get even more creative - this investigation is yours.



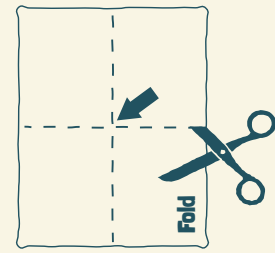
TOP TIP: INSTEAD OF BUYING NEW, YOU CAN MAKE YOUR OWN! HERE ARE INSTRUCTIONS TO MAKE A MINI-DIARY USING JUST ONE SHEET OF PAPER:



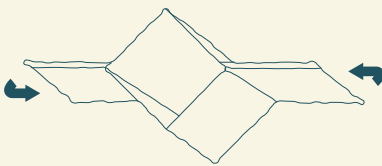
1. Fold the paper in half and in half again short end to short end. Open it up and fold it in half long end to long end. Open the paper. There should be 8 boxes.



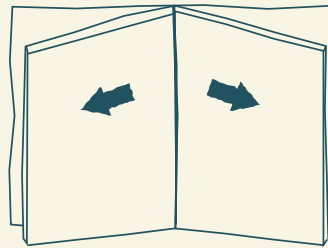
2. Fold the paper in half short end to short end.



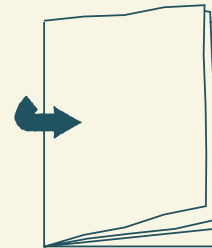
3. Hold the edges. Cut from the FOLD side along the horizontal crease. Stop at the intersection of the vertical crease. Open the paper.



4. Fold the paper in half long end to long end. Hold the edges of the paper and push towards the centre until you see a box formed. Keep pushing until all the pages line up.



5. Flatten the paper.



6. Fold it in half to create the 8 page book.

**WHAT EXCITES YOU MOST ABOUT STARTING OUT AS A
CLIMATE CHANGEMAKER?**

WHAT DOES CLIMATE CHANGE MEAN TO YOU?

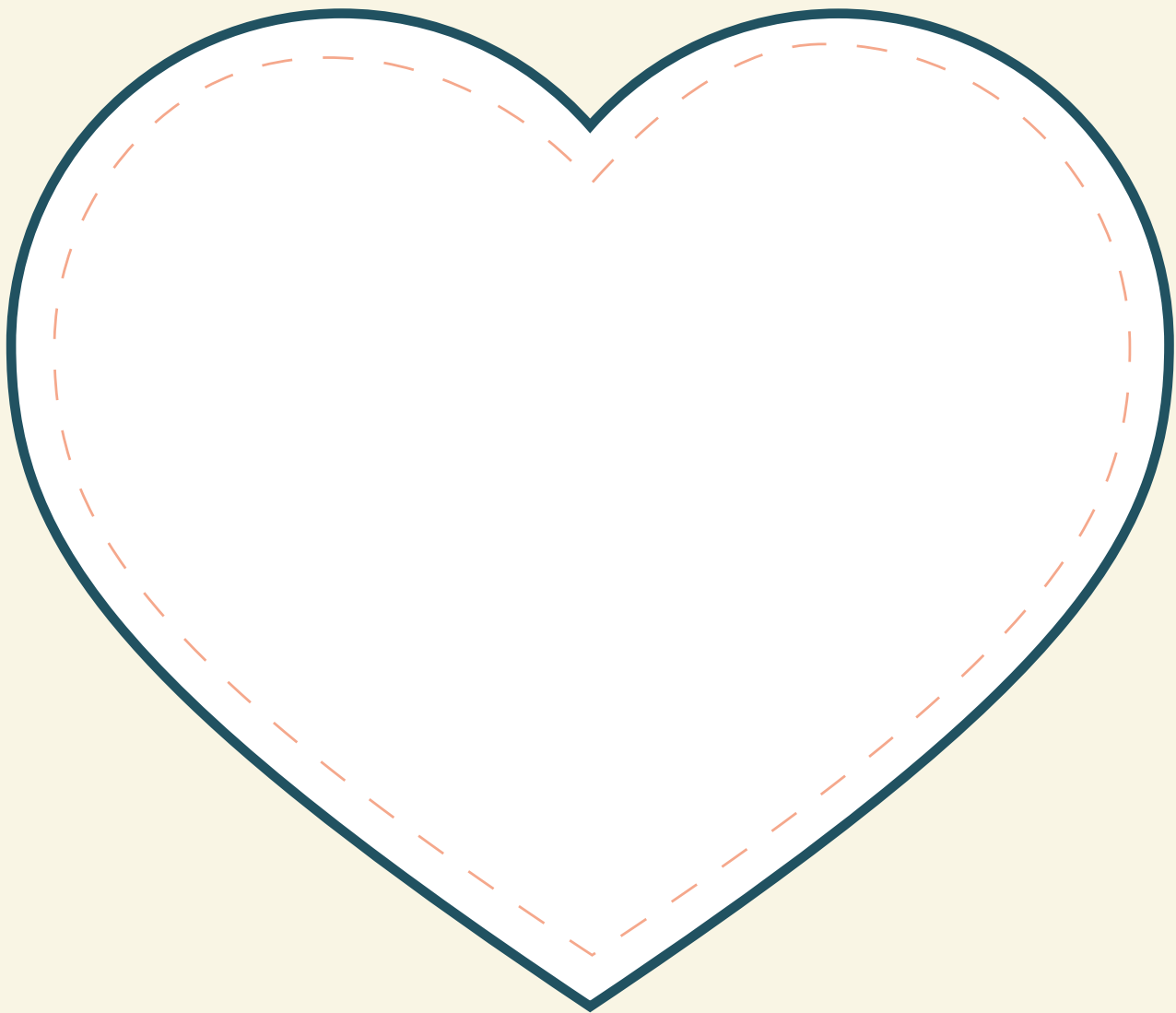
**WHY DO YOU THINK IT IS IMPORTANT FOR CHILDREN TO
BE INVOLVED IN DECISIONS BEING MADE ABOUT CLIMATE
CHANGE IN SCOTLAND?**



HAPPY, HEALTHY AND SAFE

All children have the right to be listened to and taken seriously, and you have the right to be happy, healthy and safe. Although it's the responsibility of adults to keep children happy, healthy and safe, lots of Members of Children's Parliament talk about how important it is to be kind and loving to yourselves. They have all sorts of great activities, top tips and ideas which you can find in these two mini-magazines: **Adventures at Home** (bit.ly/3EwXLwl) and **Adventures in Wellbeing** (bit.ly/2Xvyn9l). Getting outside, connecting with friends, being creative and (very importantly!) being kind to yourself are just some of the ways that you can make rights real for you and for other children too.

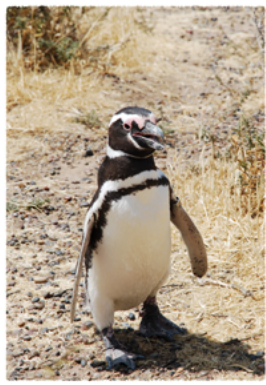
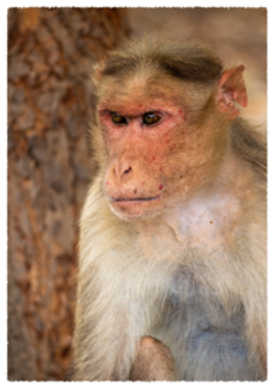
In the heart, write or draw some of the things that help you to feel happy, healthy and safe at home, school and in your community.



For more ideas on looking after our mental health and wellbeing as Climate Changemakers, you can explore the other missions at: climatechangemakers.scot

CHECK IN

At Children's Parliament, check-ins help us to look out for each other and remind us that there are no 'right' or 'wrong' emotions. It's also important to talk about how we're feeling so we can get the right support if we need it. One of our favourite ways to check-in is to choose an animal picture that best represents how we're feeling in that moment. We've created these check-in cards which you can use with the people around you.





'GIS' A 'HI-FIVE'

We know that there are lots of things that make you the amazing person you are.

On each finger write something special about you. It could be a hobby, skill, secret talent, something you love doing...it's up to you!

Take a picture of your completed handprint and send to us at Children's Parliament so we can add it to our growing 'tree' of Climate Changemakers across Scotland!

