

# DAY 3: Five Days of Freebies

Dear Parents,

'Tis the season of giving, so we wanted to share some stories and articles with you from our *Tuttle Times* magazine along with a couple activities and parent articles from our magazine's Plus Pack.

This year, we talked about compromise, political parties, competition, being a changemaker, boredom, collectivism, happiness, strong communities, and more!

Today's freebie is an article about kid changemakers! If your kid wants to do something and change the world, they don't have to just dream and wait until they are an adult. They can accomplish so much right now!

We hope you enjoy today's content, and you can find Monday's and Tuesday's freebies on [our blog](#). There are two more days of freebies! Check our social media or blog to find them each day.

Strong families are what will change the world. We hope that the dinner table conversation starters empower you and expand your children's knowledge and understanding of how the world works.

—The Tuttle Twins team



If you want your child to enjoy the *Tuttle Times* magazine every single month, be sure to sign up before December 20, so you receive our January issue—all about tariffs.

We have big plans in 2025 for our magazine, so [subscribe today!](#)

# Story Overview + Dinner Table Conversation Starters

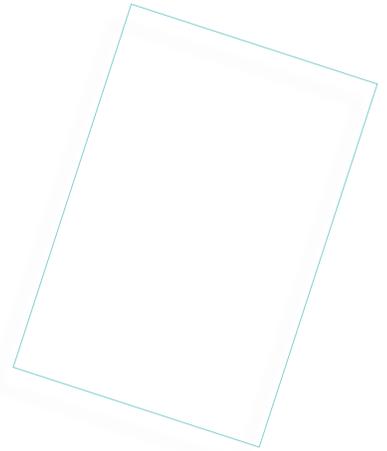
## Story Overview

Sometimes kids can feel small in this big world. But this article strives to change that mentality and help them realize they can do big things, and they don't have to wait until they are an adult.

We share five stories of incredible kid change makers, and save the sixth story for your child to write how they will change the world!

## Dinner Table Conversation Starters

- What are important traits to have to change the world?
- What do you think stops people from changing the world?





# **INCREDIBLE** **KID** **Change** **Makers**

Do you ever feel like you have to wait until you're older to make a difference?

Think again! It doesn't matter how old you are—what matters is your passion, your determination, and your willingness to take action.

Throughout history, people of all ages—including kids just like you—have made incredible changes in the world.

Here are some of their inspiring stories.

**1**

# Mary Beth Tinker:

## Standing for free speech!



In 1965, 13-year-old Mary Beth Tinker wore a black armband to school to protest the Vietnam War. She was suspended. This led to a four-year court battle, resulting in the 1969 Supreme Court ruling that students have the right to free speech in public schools.

Remember last August when Jaiden Rodriguez stood up for his right to free speech? He was suspended for a Gadsden flag on his backpack. Even though the Supreme Court ruled in 1969, we still have to be diligent in defending our rights. The government will do whatever we allow it to do.

**2**

# Katie Stagliano:

## Growing food, hope, and inspiration!

Katie grew a 40-lb cabbage in her yard—in 3rd grade—and decided to feed the homeless. Her crop was used to make soup that fed 275 people at a local soup kitchen. From there, she started a nonprofit called Katie's Krops, which continues to feed people in her community and beyond.

She has inspired over 100 kids and teens to start their own garden to feed their communities. Katie's Krops has donated 600,000 lbs. of produce throughout the US and Africa!

# Kelvin Doe:

## Innovating against the odds!

A community in war-torn Sierra Leone only had power once a week. At age 10, Kelvin wanted to improve his community's power supply, but he had limited resources.

Kelvin didn't let that stop him. He went to junkyards to find items that he could use. He was able to power neighbors' houses with batteries made from acid, soda, and tin cups. He also built a hand-powered generator and a radio transmitter. He set up his own radio station and was known as DJ Focus.

At age 20, he started his own business, KDoe-Tech, and a charity, The Kelvin Doe Foundation, which inspires others to innovate and to help others.

3



4

# Easton LaChappelle:

## From science fair to life changer!



Entering his robotic hand prototype into his state's science fair at age 14 was life changing for Easton—and many others. There, he met a 7-year-old girl who had a prosthetic arm, which he learned cost \$80,000. He knew it didn't have to be that way.

He started a company, Unlimited Tomorrow, that uses 3D printing to make prosthetic arms and hands for a fraction of the cost. This makes it more accessible for everyone!

By the way, he won 3rd place in the science fair. Remember, it doesn't take winning 1st place for an idea to change the world.

5



# Louis Braille:

Helping the blind  
read and write!

Louis Braille became blind at age 3. Throughout his childhood, he was frustrated at not being able to read and write with the current raised-letter system. He chose to find a better way.

He learned about a raised-dot system initially designed for soldiers to communicate secretly in the dark. It was too complex, so he simplified the 12-dot system to a 6-dot system at just 15 years old. This allowed blind people to read with one finger. Braille's determination helped him create an effective communication method for the blind.

## 6 You:

How will you be a  
change maker?

Use the ideas on the next  
page to help you decide.

Everything we do can have  
a ripple effect and change  
the world.

On a sheet of paper, write what  
people will say in the future  
about how you changed the world!



# THERE ARE SO MANY WAYS TO MAKE **INCREDIBLE CHANGE!**



## Help your neighbor

Helping your neighbors makes your community a better place for everyone.



## Volunteer in your community

Your time and effort can make a huge difference. Plus, you can learn new skills!



## Start a charity

Hold fundraising events, organize volunteers, or create online campaigns.



## Invent something

Do you see a problem? How can it be fixed? The solution might not exist yet, but that's okay—you can invent it!



## Start a business

Your business can solve problems and meet needs in your community.

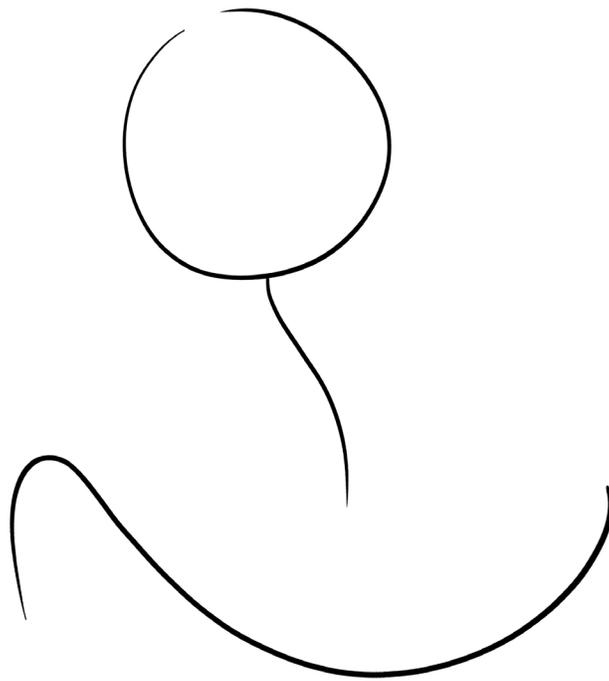


## Stand up for your rights

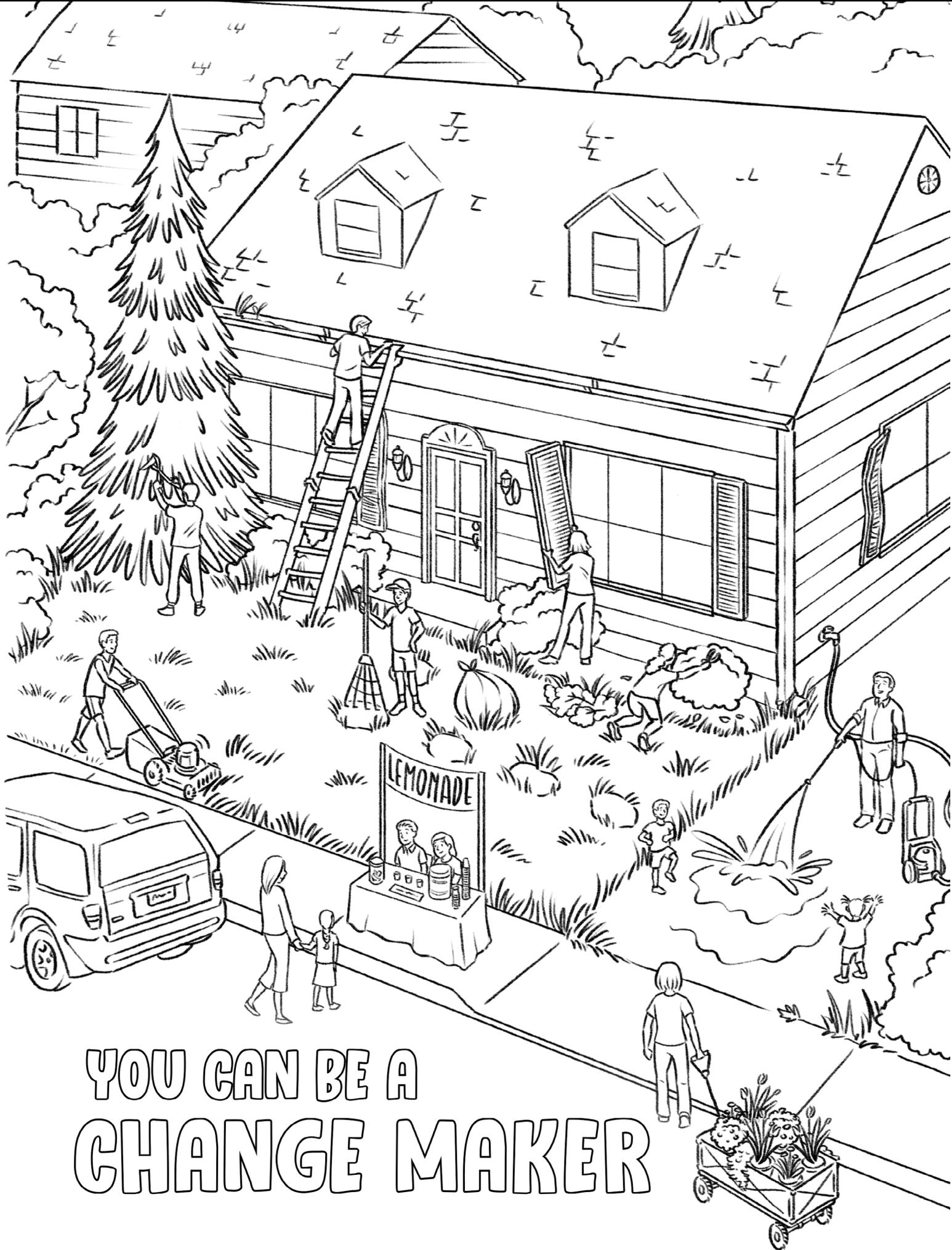
Advocate for change. Start a petition or speak at a town hall, school board meeting, or congressional hearing.

# Drawing Time: Learning To Change Things

Take a look at the lines drawn below. Spend a little time brainstorming and planning. Now, have fun drawing something using those lines as your starting point.







YOU CAN BE A  
CHANGE MAKER



# Writing Prompt: 6 Incredible Changemakers

**Choose one to write about:**

- Which change maker's story inspired you the most? Why?
- What are you going to do to change the world?

Handwriting practice lines consisting of multiple sets of solid top and bottom lines with a dashed midline.

# For Parents: The Ripple Effect of Taking Action

Throughout most of history, people saw those who needed help only in their local community. People helped their family and their neighbors. As communication technology advanced, more was known about what was happening in other cities, states, and countries, but nothing made it more vivid than the internet.

Now, from the comfort of our homes, we can see the struggles of communities across the world and, with just a few clicks, extend a helping hand to those in need worldwide.

But as our awareness of global needs expands, the abundance of information can sometimes be overwhelming to those who want to help. Our personal resources are finite, so we can't individually help everyone. Even Elon Musk doesn't have the resources to help everyone in need around the world.

Is one cause better than another? Is it better to help locally or help a country where more people are living in abject poverty? There are so many causes, so how do you choose? Do you help with homelessness or food insecurity? What about those suffering with medical conditions—or organizations researching treatments and cures for them?

At some point, you just have to stop and let your heart guide you. Choosing to help and taking action does more than being stuck in a pattern of overthinking and indecisiveness.

The power of technology to amplify voices from every corner of our world is undeniable. Social media platforms, online crowdfunding initiatives, and instant messaging apps have improved the process of raising awareness and mobilizing support for causes ranging from disaster relief to human rights.

Never before have individuals had such direct access to information about the challenges facing people throughout the world. And there are so many easy ways of offering assistance to those in need. From donating to humanitarian organizations providing aid in conflict zones to volunteering for disaster relief efforts, individuals are using the power of technology to make a huge difference in the lives of others. This ability to connect with and support communities thousands of miles away has undoubtedly led to countless acts of generosity and compassion that wouldn't have been possible a century ago.

The sheer magnitude of information available to us can be overwhelming, leading to what has been termed "compassion fatigue" or "outrage fatigue." When bombarded with images of suffering and injustice from every corner of the world, it can be tempting to retreat, feeling powerless to effect meaningful change in the face of such overwhelming need. Can anything you do ever be "enough"?

So how do we overcome this and make a difference in our world? Rather than being stuck in a state of overwhelm, we can focus our awareness and turn it into action by asking a couple questions. What do you want to see change? What can you do to help?

Individually, we can't help everyone and fix everything, but we can choose to do something. If we all do something, the ripple effect will be incredible!

# For Parents: Empowering Young Changemakers

In a world filled with challenges and opportunities, it's never too early to inspire our children to become positive change makers. Guiding kids to think about how they can contribute to making the world a better place not only encourages a sense of responsibility but also empowers them to believe in their potential.

It starts with being curious. Encourage your child to ask questions about the world around them. Why do certain problems exist? How do they affect people? When children understand the impact issues have on others, they develop a sense of empathy that can motivate them to take action.

Every child has unique interests, strengths, and talents. This can guide them toward causes that resonate with them. Whether they love science or have a talent for building things, this can be the foundation for their contribution to the world.

Changing the world can feel like an overwhelming task, even for adults. Break down their idea into manageable goals. Teach your child that even small actions can lead to big changes. Small actions are easier to manage and less overwhelming, making it more likely that you'll stick with them.

Success with small actions builds confidence and momentum, encouraging you to take on bigger challenges. Your small actions can inspire others, creating a multiplying effect where more people join the cause.

Children learn a lot by observing the adults in their lives. Demonstrate your commitment to making a difference through your actions. Volunteer, donate, or raise awareness for local causes. Speak at a school board or city council meeting about an issue you want to change.

Yes, children are capable of amazing things, but having their parents help them acquire the resources they need will motivate them even more. This could be books, online courses, workshops, or even mentors. Providing support will help them develop the skills and knowledge needed to make a difference.

When it comes to making change in the world, there will always be more to do. It can be easy for children to get discouraged when they see that they didn't solve the entire problem. It's important for them to realize that they did change the world.

They need to celebrate their accomplishments and reflect on the ripple effect that will continue from their actions.

# Extra Resources

## Podcasts

- [Can Individuals Change the World?](#) - Episode 22
- [How Can We Use Our Talents To Make A Difference?](#) - Episode 97
- [What Is The First Step To Changing The World?](#) - Episode 77
- [What Does Voice and Exit Mean?](#) - Episode 400
- [How Can You Turn An Idea Into A Reality?](#) - Episode 477

## Tuttle Twins Books & eBooks

- *The Tuttle Twins and the Food Truck Fiasco*
- *The Tuttle Twins and Their Spectacular Show Business*
- *The Tuttle Twins and the Fate of the Future*
- *The Tuttle Twins and the 12 Rules Boot Camp*

## Inspiring Change Makers

If those incredible change makers inspired your children, here is more info on each one for them to learn more.

- [Mary Beth Tinker](#) - Iowa PBS Interview
- [Katie Stagliano](#) - Katie's Krops
- [Kelvin Doe](#) - Bio
- [Easton LaChappelle](#) - Unlimited Tomorrow
- [Louis Braille](#) - A history of Braille

## Cipher Activity Answer

How wonderful it is that nobody need wait a single moment before starting to improve the world.