



A **WORLDWIDE** MOVEMENT
FOR **POSITIVE SOCIAL ACTION**

SOLUTIONS TO **FUN** AND **CREATIVE**
ALL SOCIETAL ISSUES.

www.focallocal.org

POSITIVE SOCIAL ACTION PACK

All activities work great alone, with a few friends, or as a fun and easy way to meet other positive, pro-active people by posting an invite to other Focallocalers in the Focallocal Facebook Group

TAKE A SMILE

Reminding others around you that the world is full of friendly, happy people and giving their day a little lift with an unexpected cheerful gesture

- 1) Take an A4 sheet of paper and write 'Take a Smile' in the middle
- 2) Draw Smiley faces around all 4 edges – it's a lot of fun done over a coffee with others
- 3) Cut beside each smile creating strips
- 4) Go to a public place and ask people nearby to 'Take a Smile' – some people's initial reaction is that you are selling something, I always follow up with 'go on, it's just a smile'
- 5) If they ask why, tell them it just a simple way to make their day a little bit happier

INSPIRE MY CITY

Community Happiness, with reminders to be good to each other, and ourselves. The right words reaching someone at the right time have the power to change lives

- 1) Head to the streets and cover them in positive and inspiring quotes with your colourful chucks, who knows who your words will meet
- 2) I love doing this activity late at night, so people in my city have a full day ahead after awaking to the happy surprise

GIVE A BUBBLE

Reminding people of a time when it was normal to talk, and have fun with others they hadn't met before while connecting people who wouldn't normally talk, across demographics

- 1) Take 3 bottles of bubbles or more into a public space
- 2) Ask people nearby and passing if they'd like to blow a bubble together
- 3) Suspicion is normal, random kindness is not a normal occurrence... yet!

THE POSITIVITY FACILITATOR

Countering the message from modern marketing who highlight differences between us to sell their products. We encouraging positive interaction between those most different, because people are people

- 1) Stick your whiteboard to the back of your T-Shirt and find a public place
- 2) Ask anyone hanging around to pick the person they that they are least likely to talk to in their ordinary day and write a positive message to them on your board
- 3) Deliver their kind words to brighten the day of their unsuspecting nominee
- 4) This activity is good in pairs, to check the messages are mature4) I reassure suspicious folk with 'ah go on, when was the last time you blew bubbles?'

CONNECTING CANVAS

Fear of interaction with folk we haven't yet met, and encouraging exploring creativity for the many who haven't explored for too long

- 1) Take an A3 or larger sheet of paper into a public space – I often stick mine to a cardboard box to give a solid base
- 2) Invite everyone walking passed to draw together, asking them to make it interact with another drawing on the page so at the end your canvas is an interconnected work of art full of the creativity from everyone you met
- 3) Old folk are amazing! They are often hesitant but ask them if there was one thing they used to draw at school, because everyone had one thing that often brings up a long forgotten memory which is a precious moment to watch
- 4) Done in a place where people are relaxing, like a park, this is a great place to make new friends. In a busy location like a market it's a much faster activity with shorter interactions

FREE HUGS

A good hug brightens anyone's day, and has the power to bring a feeling of connection with a caring community to those suffering from feeling isolated

- 1) Write 'Free Hugs' on your sign
- 2) Stand in a place where lots of people are passing-by
- 3) Your hugs are there for others to come and collect, getting competitive and chasing after hugs leaves people feeling like they've been sold a hug, or done you a favour
- 4) Relax, be patient and wait for the hugs to come to you – Some people want a hug but are shy, so I often invite those passing who smile at me

I HAVE A MESSAGE FOR YOU!

Sometimes we just need a positive, uplifting or kind message from a friendly face to turn our day around...

- 1) Write (or print) as many uplifting quotes and nice words as you'd like to, and cut them up into small strips (like a fortune cookie)
- 2) Place them into a jar, cup or box
- 3) Tell people passing-by that 'I've got a message for you'
- 4) Let them reach in and pick one to see which words chance, or fate will bring into their day



This activity pack has been lovingly compiled for you, inspired by years of Focallocal experience, by Andy @ Focallocal

We'd love to see your photos, videos & stories on our Facebook group or Twitter and hopefully they'll inspire others around the world to get out and spread social action too!

Check out more activities on our website:

www.focallocal.org

"I hope these activities fill you with as much happiness as they give to those you meet!" – Andy at Focallocal