



Plan: Head, Heart, Hands, and Feet

Using a diagram of a human body, you will think through various aspects of how you plan to solve the chosen injustice.

Each body part represents a different aspect of your planning:

Head (Compassionate Insights): What do we need to keep in mind when planning?

Heart (Compassion & Courage): How can we show compassion: making sure that everything we do is driven by empathy and care for the people facing this injustice? How can we show courage: speaking up for what's right, even when it's hard?

Hands (Actions & Collaboration): Who are the groups we can collaborate with. How can we get any supplies or equipment we need?

Feet (Outlined Steps): What will we do and how will we know when we have succeeded?

- Using the example in your manual, fill in the body diagram to help plan your project.
- If possible, trace a teammate's body on a large sheet of paper using markers or paint or using chalk on a concrete area.
- After you have traced a teammate, work together answer the Head, Heart, Hands, and Feet prompts next to each body part.
- Once finished, copy your responses onto the diagram in your manual and take a picture of your traced teammate diagram.
- If working with other teams, participate in a TAG "gallery walk" to view other teams work. Walk around the room to offer feedback using the TAG strategy to other groups diagrams.
 - T:** Tell the team something you really liked.
 - A:** Ask the team a question about their plan.
 - G:** Give the group a constructive suggestion.
- Upload your diagram or picture to your Project Page on the Peace First [website](#).



Plan: Head, Heart, Hands, and Feet Worksheet

Your name: _____

Your group name: _____

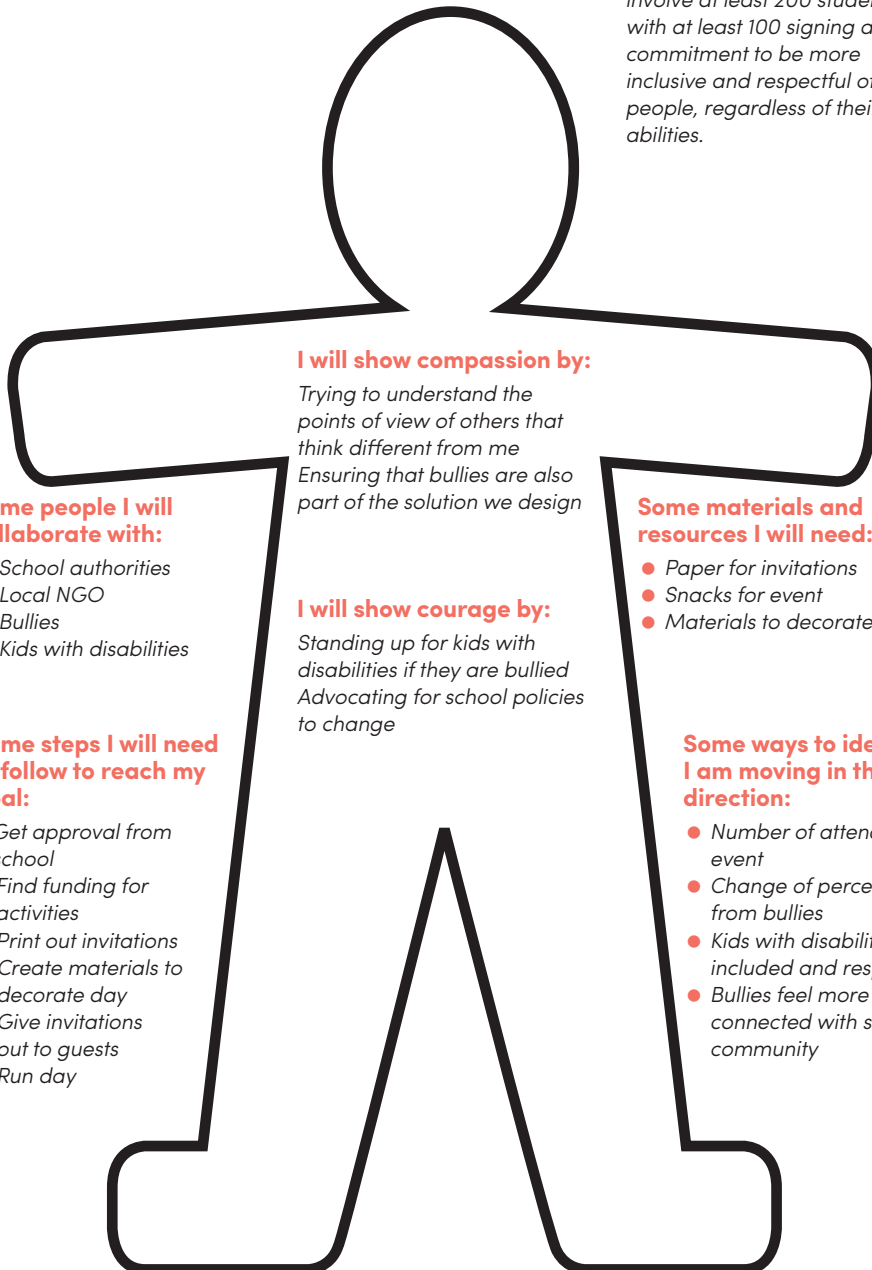
EXAMPLE:

Your chosen Injustice:

Students with disabilities are being bullied at school

Your SMART goal:

We will organize an accessibility awareness day on October 15 that will involve at least 200 students with at least 100 signing a commitment to be more inclusive and respectful of all people, regardless of their abilities.



I will show compassion by:

*Trying to understand the points of view of others that think different from me
Ensuring that bullies are also part of the solution we design*

Some people I will collaborate with:

- School authorities
- Local NGO
- Bullies
- Kids with disabilities

Some steps I will need to follow to reach my goal:

1. Get approval from school
2. Find funding for activities
3. Print out invitations
4. Create materials to decorate day
5. Give invitations out to guests
6. Run day

I will show courage by:

*Standing up for kids with disabilities if they are bullied
Advocating for school policies to change*

Some materials and resources I will need:

- Paper for invitations
- Snacks for event
- Materials to decorate

Some ways to identify I am moving in the right direction:

- Number of attendees to event
- Change of perception from bullies
- Kids with disabilities feel included and respected
- Bullies feel more connected with school community



Your chosen Injustice:

Your SMART goal:

I will show compassion by:

Some people I will collaborate with:

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-

I will show courage by:

Some materials and resources I will need:

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-
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-
-

Some steps I will need to follow to reach my goal:

- 1.
- 2.
- 3.
- 4.
- 5.

Some ways to identify I am moving in the right direction:

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