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

I will show courage by:
Standing up for kids with disabilities if they are bullied
Advocating for school policies to change

Some people I will collaborate with:
- School authorities
- Local NGO
- Bullies
- Kids with disabilities

Some materials and resources I will need:
- Paper for invitations
- Snacks for event
- Materials to decorate

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

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:

I will show compassion by:

Some people I will collaborate with:

1. 
2. 
3. 
4. 
5. 

I will show courage by:

Some materials and resources I will need:

1. 
2. 
3. 
4. 
5. 

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:

1. 
2. 
3. 
4. 
5. 

Your SMART goal: