

Instructions

#Climate4children

We must act now to protect children from climate change. The future is in our hands.

Children are the most vulnerable to climate change, despite having done nothing to cause it. This is the great injustice of our time. We need a climate fit for children to survive and flourish now and in the future.

Ask your MP to champion action on climate change to protect children. Together, we can ensure that children have a brighter future and have the tools they need to cope with the changing climate.

A Climate Fit for Children



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Children in Kiribati face raising sea levels due to climate change.

In your own words

We've put together some food for thought to help you write your own message to encourage your MP to protect children from climate change. (You might also want to look at your Children's Champions pack). You can write a sentence or you could simply write a few inspiring words.

- The future of the world's children is in your hands and those of your MP.
- Why do you think it's important to protect children from climate change?
- Children and young people haven't caused climate change, but they will bear the heaviest burden. We need to act now to protect them.
- About one in four of the world's children live in the 10 countries most vulnerable to climate change.
- What sort of world would you or your MP like children to inherit?

Be crafty

Your local MP probably gets dozens, if not hundreds, of letters and emails every day urging them to consider all sorts of important issues. How often do they get a handstitched handprint?

We hope that if you embroider your own message on a fabric handprint and give it to your MP, they will keep it as a constant reminder to them to protect children from climate change.

Please give your handmade handprint to MP and ask them to be a champion for children in Parliament and help build a future where children are protected from climate change.

You can find Step by Step instructions overleaf.



Step 1: Cut and write



Put your hand (or that of your child) on the fabric and draw the outline. Cut it out and write in biro your message to your MP directly onto the fabric in your own handwriting. Write something that will encourage your MP to protect children from climate change (see "In Your Own Words" for some tips). Make it snappy, as you will have to stitch this.

Step 2: Cut your thread



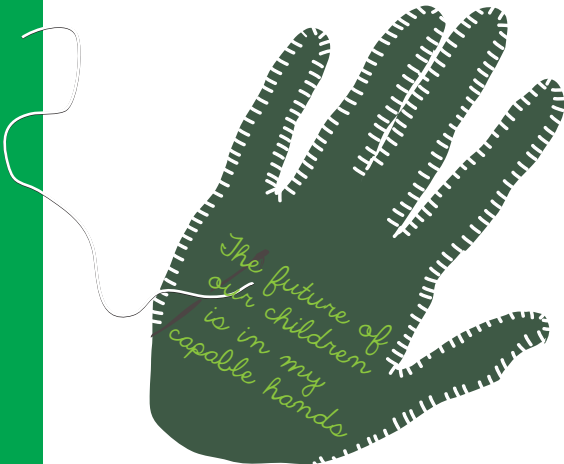
Cut your embroidery thread (sometimes called floss) to be your arm's length, approximately 60cm long, and separate the thread into half so you have two sets of three strands (embroidery thread is a 6-strand thread).

Step 3: Get stitching



Pick up your needle and stitch your message using a back stitch or split stitch. (See video for guidance, www.unicef.org.uk/craftvideo)

Step 4: Finishing touches



Stitch the edges of your handprint with a blanket stitch to stop it from fraying & put it in a frame to give to your MP. Your craft will be a physical reminder for your MP to act to protect children from climate change.

Step 5: Give your MP a hand



Make an appointment to give your MP your handmade message or post it with a personal letter explaining why you have made it and what you are encouraging them to do. You can find more information in the Children's Champions pack. Make sure you mention your handmade gift in any future communication with your MP.

Step 6: Let us know how it went

We would love you to take a photo of your handprint (ideally with your MP) and send it or email it to us with a short paragraph about your craft experience and how the meeting with your MP went. We may use your quote and your photo to encourage others to do the same.

Material list:

- Embroidery thread (sometimes called floss) - we recommend Anchor thread.
- A needle
- Patterned fabric or canvas
- Scissors
- A Pen
- Fabric paint if you want to embellish your hand with a stencil