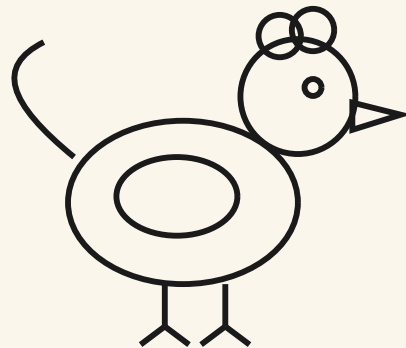
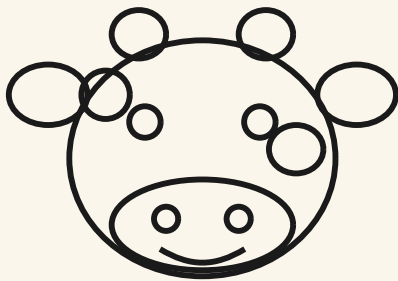


PLANTY KID

Activity Pack

Ages 13+ - Young Changemakers

Research, ethics and ideas worth acting on. Bring a pen and an argument.



What is inside

- 2 coloring pages
- 1 puzzle page with an answer key
- 1 thinking activity
- 1 plant-powered recipe to cook together
- A kindness mission checklist
- A certificate to fill in and put on the wall

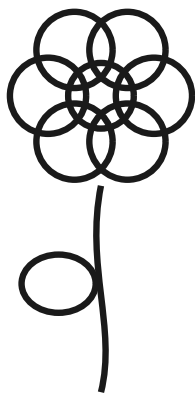
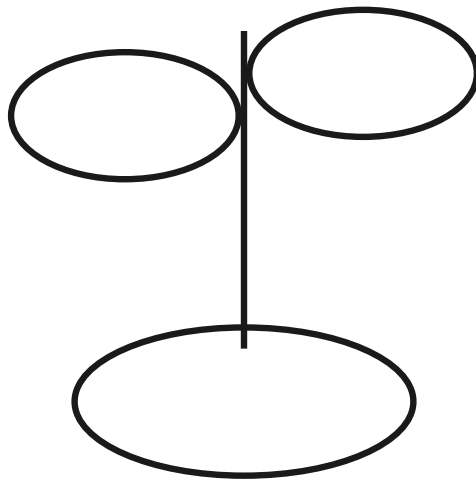
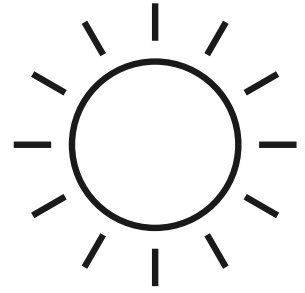
Headline (six words or fewer)

.....

One source that backs you up:

Design a poster that would change one person's mind. Words, colour, one big idea.

Coloured by: _____



A calm ten-minute colouring break between the heavy thinking.

Coloured by: _____

Evidence word search

Words hide across, down and diagonally

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Q	P	Y	H	C	P	C	T	B	Y	R	X	N	L
H	P	O	C	L	I	M	A	T	E	X	N	I	Y
O	F	J	B	W	C	O	C	X	M	M	R	M	I
B	P	F	U	G	B	R	O	C	T	O	P	U	S
L	X	W	E	L	F	A	R	E	K	E	M	L	E
Z	N	O	E	L	G	H	C	X	G	L	F	C	W
G	K	E	E	M	P	A	T	H	Y	X	N	L	L
E	G	H	D	P	Q	G	M	B	R	E	T	B	S
T	V	B	C	R	R	M	D	O	I	X	V	E	P
H	G	O	P	O	O	X	Y	T	P	G	M	K	A
I	J	I	Z	T	D	R	N	Z	T	U	E	B	H
C	Y	V	G	E	M	E	Q	A	G	J	S	I	R
S	Z	N	I	I	S	N	A	E	F	G	Z	O	U
X	B	U	D	N	S	C	L	U	K	V	N	J	U

Find these words:

SENTIENCE WELFARE PROTEIN CLIMATE
EMPATHY OCTOPUS ETHICS LEGUMES

Source quality checklist

Think, notice and write

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Before you share a claim about animals, food or climate, run it through this checklist.
Score it out of 6.

The claim I am checking:

- ☐ Who wrote it, and what do they gain if I believe it?
- ☐ Is there a named study, university or health body behind it?
- ☐ Is the study about people or animals like the ones in the claim?
- ☐ Does the headline actually match what the study measured?
- ☐ Can I find a second, independent source saying the same thing?
- ☐ Is it recent enough to still be true?

My verdict and why

Cook together: Smoky Chickpea Traybake

About 35 minutes - A grown-up handles the oven.

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Ingredients

- 2 tins chickpeas, drained
- 2 peppers, sliced
- 1 red onion, wedged
- 1 tbsp olive oil
- 1 tsp smoked paprika
- Handful of spinach

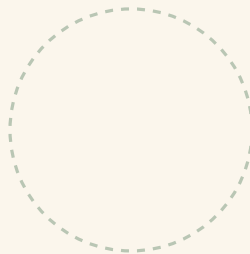
Steps

1. Heat the oven to 200C.
2. Toss chickpeas, peppers and onion with oil and paprika.
3. Roast for 25 minutes, shaking the tray halfway.
4. Stir the spinach through while everything is hot.
5. Serve with rice, flatbread or a jacket potato.

Did you know?

A tin of chickpeas carries roughly 15g of protein and plenty of fibre.

Draw your finished plate



Kindness missions

Tick one off whenever you complete it - no rush, no scores

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- ☐ Check one viral animal claim against a named scientific source.
- ☐ Write a 200-word opinion piece and ask someone to challenge it.
- ☐ Calculate the water footprint of one meal you ate this week.
- ☐ Cook a full plant-powered dinner for four people.
- ☐ Interview a family member about how food choices changed in their lifetime.
- ☐ Email a local cafe suggesting one plant-powered addition to the menu.
- ☐ Organise a litter pick or a fundraiser for a sanctuary.
- ☐ Learn to disagree well: practise one respectful counter-argument.

My own mission

Evidence word search

Words hide across, down and diagonally - ANSWER KEY

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Q	P	Y	H	C	P	C	T	B	Y	R	X	N	L
H	P	O	C	L	I	M	A	T	E	X	N	I	Y
O	F	J	B	W	C	O	C	X	M	M	R	M	I
B	P	F	U	G	B	R	O	C	T	O	P	U	S
L	X	W	E	L	F	A	R	E	K	E	M	L	E
Z	N	O	E	L	G	H	C	X	G	L	F	C	W
G	K	E	E	M	P	A	T	H	Y	X	N	L	L
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I	J	I	Z	T	D	R	N	Z	T	U	E	B	H
C	Y	V	G	E	M	E	Q	A	G	J	S	I	R
S	Z	N	I	I	S	N	A	E	F	G	Z	O	U
X	B	U	D	N	S	C	L	U	K	V	N	J	U

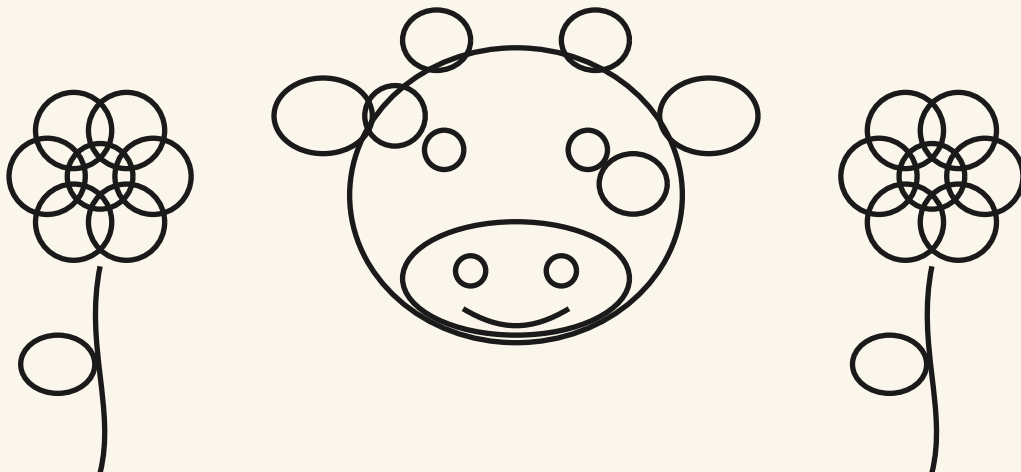
Find these words:

SENTIENCE WELFARE PROTEIN CLIMATE
EMPATHY OCTOPUS ETHICS LEGUMES

Certificate of Kindness

This certifies that

completed the Planty Kid Ages 13+ activity pack,
learned how animals feel and think,
and promised to treat every animal with kindness.



Date

Signed by a grown-up