We used our I CAN power to promote sports in our school. Many of us felt like it was being neglected and so, we wanted to tackle it. This is our journey... Which of the solutions would you try?

**I like to play with the ball but whenever I do I get hurt.**

- École Materelle Saint Joseph Manyanet Yaoundé, Cameroon

**So many people simply ignore their health!**

- Mare de Déu dels Àngels, Barcelona, Spain

**We were getting so bored in school studying all day. We wanted to have fun!**

- Yashwantrao Chavan VidyaniKetan. Pune, India

**Most of my friends behave so lazy... they don't do any exercise or treat their body well.**

- City University of Macau

**What if we encouraged physical activity to gain health and happiness?**

- Prototyped and explored materials for a new ball
- Formed a football coaching team
- Organized a break-dance show
- Promoted the need to maintain a healthy lifestyle and exercise through posters and promotional videos.

- Shared with their parents and collected plastic to recycle and use to make the ball
- Planned the activities for the coaching
- Produced a rap song to spread the message interestingly
- Organized themselves into groups to ensure regular exercise.

- Donated the ball to their peers playing football
- Coached over seven schools!
- Produced a leaflet about benefits of exercising and sports in the neighbourhood
- Using the FIDS formula, we made our school a fit and healthy space.

**WHAT WILL YOUR STORY OF CHANGE BE?**