

imagine_x

CHALLENGE MANUAL

Imagine_x is a program of



Welcome to the ImagineX Challenge! We're so glad that you have chosen to do something to bless others during this pandemic even if you don't know what that something is. The ImagineX Challenge is designed to help you discover your gifts and passions taking them from the sidelines to the front lines.

This manual won't work by itself. It's intended to be a supplement to the ImagineX Challenge videos found at youthfront.com/imaginex. The video will give you instructions on when to pause the video to complete the exercises in this manual with your action team. After you've completed each exercise, hit play once again to resume the video for more instructions. If at any point you have questions or need some coaching, please reach out to us at imaginex@youthfront.com! And be sure to use #imaginexchallenge on your preferred social media platform to tell others how they can join in too!

Let's Begin!

Session One: We Won't Pass By

Here are links to stories about creative ways that ordinary people have used their unique gifts to bless others. You don't have to read or watch the whole thing. Feel free to skim until you have the basic idea. Pick 4-5 that grab your interest.

- Front porch concert:
<https://www.clickondetroit.com/community/2020/04/09/wyandotte-trumpet-players-front-porch-concert-raises-hundreds-for-front-line-workers/>
- Sidewalk Chalk:
<https://www.al.com/life/2020/04/easter-disney-spongebob-and-more-inspire-amazing-sidewalk-chalk-art-across-alabama.html>
- 10 year old sews masks:
<https://www.msnbc.com/the-last-word/watch/4th-grader-sews-masks-for-health-care-workers-battling-coronavirus-pandemic-in-boston-community-81521733566?fbclid=IwAR17yWodw1GiK954FAFdIJNbUc5mF2GOGIbnnfYAiKuSequNTWKOTFwtbyg>
- Exercising as a neighborhood:
<https://www.kare11.com/article/news/health/coronavirus/st-paul-neighbors-meet-for-nightly-calisthenics-10-feet-apart/89-e12bcdb4-bb6c-41b9-808d-8bb25c64df30>
- Family photographs for neighbors:
<https://www.kron4.com/features/kron4-heroes/kron4-heroes-photographer-giving-families-reason-to-smile-during-sad-week/>
- Dressing in costumes for the garbage collectors:
<https://www.karunavirus.org/story/417/australians-who-leave-house-only-to-take-out-trash-have-started-dressing-in-costumes-to-do-it>
- Serving free coffee:
<https://www.kron4.com/features/kron4-heroes/contactless-coffee-sf-resident-offers-free-coffee-to-community-through-home-window/>
- Little free food pantry:
<https://www.sanjoseinside.com/2020/04/10/little-free-library-becomes-food-pantry-to-help-those-in-need/>
 - We'll even help you get started with our Something to Eat cheesy rice and vegetable meals!
- Bucket truck visits: <https://www.cnn.com/2020/03/31/us/coronavirus-bucket-truck-visit-trnd/index.html>

- Easter egg across neighborhood: https://www.instagram.com/p/B-5UOy9Ho-/?utm_source=ig_embed
- Encouragement for doctors: <https://twitter.com/DrEllenKristin/status/1241510958369067008>
- Gift cards for grocery store workers:
<https://spectrumlocalnews.com/tx/san-antonio/news/2020/03/18/neighborhood-delivers-gift-cards-to-show-appreciation-for-local-grocery-store-workers>
- Social distance block party:
<https://datebook.sfchronicle.com/entertainment/bay-area-neighbors-still-sing-and-dance-in-light-of-coronavirus-shutdown>

After clicking through the links, ask yourselves these questions:

- Which ones capture your imagination?
- Which can you see yourself doing?
- Of the one that interested you most, how would you adapt it to bring your own personality to it?

Go back to the video and hit play for some short instructions!

The Parable of the Good Samaritan, Luke 10:25-37 (NIV)

25 On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked, “what must I do to inherit eternal life?”

26 “What is written in the Law?” he replied. “How do you read it?”

27 He answered, “‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’”

28 “You have answered correctly,” Jesus replied. “Do this and you will live.”

29 But he wanted to justify himself, so he asked Jesus, “And who is my neighbor?”

30 In reply Jesus said: “A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. **31** A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. **32** So too, a Levite, when he came to the place and saw him, passed by on the other side. **33** But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. **34** He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. **35** The next day he took out two denarii and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’”

36 “Which of these three do you think was a neighbor to the man who fell into the hands of robbers?”

37 The expert in the law replied, “The one who had mercy on him.”

Jesus told him, “Go and do likewise.”

What kind of connections do you see between this story and our current situation?

What do you think motivated the Good Samaritan to help the man when everyone else just passed him by? What motivates you to want to do something now?

Months from now, years from now, what’s the story that you want others to tell about how you responded to others’ needs during this crisis?

Rewrite the story of the Good Samaritan below using a new villain (the novel coronavirus!) and a new cast of characters. We were told to “go and do likewise”--to be like the Good Samaritan-- so write yourself as the hero in this story. Don’t take this (or yourself!) too seriously at this point, have fun with it! Let your imagination go wild. Change the pronouns to make it fit your story.

“ _____ was going down ____ (*your street*) _____, when the world was attacked by the coronavirus. The pandemic stripped him of his _____, leaving him _____. A _____ happened to be going down the same road, and when he saw _____, he passed by on the other side. So too, a _____, when she came to the place and saw him, passed by on the other side. But (*your name*) _____, as she traveled, came where the _____ was; and when she saw him, she took pity on him. She went to him and (*ways you blessed*) _____. Then she _____ (*describe how you went way beyond expectations* _____).

“Which of these three do you think was a neighbor to the _____ who fell into the hands of coronavirus?”

The expert politician replied, “The one who _____.”

Jesus told him, “Go and do likewise.”

Questions to think about on your neighborhood walk:

- How well do we know our neighbors?
 - Most people don’t, so you’re not alone. How could we get to know them?
- Imagine their lives for a moment.
 - What people are doing in their houses right now?
 - Who are they thinking about?
 - Who are they missing?
 - What are their biggest worries?
 - How are they like you?
 - How might their struggles be different than your own or uniquely difficult?
- Who might be lonely?
- Who might be struggling with meeting their needs?
- How could we bring beauty--to lift their spirits, make them laugh, give a bit of joy?
- How could we bring belonging--to ensure no one feels alone or left out?

- How might we share the burdens with them so no one goes without?

After your walk, have a short time of debrief with your ImagineX action team with the above questions.

End your time by watching a video of either a powerful prayer or poem as a final blessing:

- Praise Song for the Pandemic: <https://www.theworkofthepeople.com/praise-song-for-the-pandemic>
- We're Never Lost if We Can Find Each Other: <https://www.youtube.com/watch?v=nWwVFywBCeY>

If you've enjoyed the ImagineX Challenge so far, tell your friends about it so they can bless their neighborhoods, frontline workers and vulnerable folks too. And use the #imagineXchallenge hashtag on your preferred social media!

Session 2: Do One, Simple Thing

Reflection Questions:

What kept the priest and Levite from helping the wounded man?

What holds you back from helping others more than you have been during this pandemic?

The priest and Levite put the possible danger that could come to them before the clear and present danger the wounded man was in. How do you notice the same temptation to just care about yourself and your own people?

How can we both keep ourselves safe AND help others?

Perhaps the priest and Levite felt pity for the wounded man. Maybe their hearts were in the right place. Why is feeling sorry for someone not enough?

Exercise 2:

Distribute sticky notes to every one of your action team members.

- What holds you back from helping others more than you have?
- What are your excuses?
- What keeps you from sharing your gifts with the world?

Write ONE response on each sticky note. Come up with at least 10 if you can!

Return back to the video and hit play.

Exercise 3:

Write your ideas on sticky notes.

- What have you seen others do that you'd like to do?
- What can you do right now?

Vote on your idea! Come to an agreement on what you're going to do and go do it!

Tell others about what you're doing on social media using the #imagineXchallenge hashtag so you can inspire and encourage others to bless their city too!

If you want an easy, fun, safe way to help out people in need with everyone you've been bunkered up with in your household, check out Youthfront's Something to Eat initiative. Go to somethingtoeat.org/helpnow/ where you can sign up to pack cheesy rice and vegetable meals under guidelines that follow all current CDC and state regulations of social distancing and sanitization. It's a fun, great way to immediately help out others while your action team is coming up with their own ideas!

Session 3: Problems and Passions

Reflection over our Action:

- What went right about how we blessed others?

- Remember that verse from Isaiah 58:10, *“and if you spend yourselves on behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.”*
How did it feel good to “spend yourselves” on others for a few hours?

- How might you have improved it?

Return back to the video and hit play.

Exercise 2:

Head:

- Knowledge - What do you *know* more about than most people? What do people say you're an expert in?
- Who you know - Maybe you see a need, but know you can't meet it yourself personally, but you do know someone who can. Being a bridge between people that have needs and those that can meet it is a resource!

Hands:

- Skills - What can you DO for others? Maybe you can build things, draw, paint. Maybe you're good at basketball. All of these are skills.
- Stuff - It's not only about what you have IN your hands, but what you have ON hand that you can make available to others.

Heart:

- Passions - What excites you? What can you not stop talking or thinking about? These are passions.
- What breaks your heart? What hurts you to see and moves you to action?

- Write down your gifts of your head, hands and heart on sticky notes. Try to come up with 3 for each category, so that's 9 sticky notes for each team member! Do this individually and then share them with your action team!
- After each team member has shared their gifts, look for how your gifts overlap. Group the sticky notes together rearranging them so you can start to see what you share together as a group.
- After you've grouped your sticky notes together as best as you can, get a marker and a large sheet of paper. On that sheet of paper, summarize the common gifts of head, hands and heart that you have.

Return back to the video and hit play.

Exercise 3:

Get out a large piece of paper if you have one and create three columns for:

- Neighbors:
 - When you observed and imagined their lives, what did you notice?
 - What pains them?
 - What is frustrating for them during quarantine?
- Frontline Workers
 - Who are those people who are risking themselves every day because their work is considered essential and they're more exposed to the virus than you are?
 - Think beyond medical workers. Who risks themselves every day so you don't have to? Grocery store workers? Delivery people? Sanitation workers?
 - What are their unmet needs and frustrations?
 - What would make their lives just a little more joyful, a little less lonely, a little easier?
- Most Vulnerable:
 - Who is having an extra difficult time?
 - Who is at a higher risk of having complications with the virus?
 - Who have lost jobs?
 - How might immigrants, single parents, and low-income households have unique challenges?

- What are their pains and frustrations?

Return back to the video and hit play.

Exercise 4:

- Place both of the lists your team came up with--the gifts of your head, hands and heart--as well as the pains you've noticed--up on the wall next to each other.
- How might your gifts be put to use to meet the unmet needs of others? Draw as many connections as you can. If you see some connection, but it seems silly at first, don't rule it out! See something, say something!
- After you've made a good number of connections, ask yourselves which connections you're most drawn to? What would that idea actually look like in real life?
- Work together to turn them into an actionable ideas. Turn them into statements.
- Once you've come up with 3-5 actionable ideas. Vote on them.
 - Give everyone 2 votes to vote for their favorite idea.
 - Tally up the votes. Take the top 2 votes and give everyone 1 vote to determine the winning idea.
 - What do you think?
 - Is that idea creating energy? Excitement?
 - Is it something that your whole team can get behind?
 - Is it actionable?

Close with this prayer:

Lord, make us instruments of your peace
Where there is hatred, let us sow love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
And where there is sadness, joy
O Divine Master, grant that we may
Not so much seek to be consoled as to console
To be understood, as to understand
To be loved, as to love
For it is in giving that we receive
And it's in pardoning that we are pardoned
And it's in dying that we are born to Eternal Life
Amen.

If you're using social media we'd love to see your work in progress using the hashtag #imagineXchallenge! If you have any questions and want some coaching, we would LOVE to interact with you. Reach us at imaginex@youthfront.com.

Session 4: Making the Plan

Here's the formula for turning your idea into an idea statement!

We will bless (people) who face (problem) , (3 B's) by (solution) .

Now, let's break it down to build your idea statement...

Step One:

People

- Neighbors
- Frontline workers
- Vulnerable group

** Be as specific as you can with this! Which neighbors? What frontline workers? Which vulnerable people?*

Our target group is _____.

Step Two:

Problem:

- *Specific* pains or frustration of the target group during this pandemic

The unique problems they are facing are _____.

Step Three:

Blessing with the 3 B's:

- Sharing burdens
 - What kind of burdens? Financial? Long shifts? Emotionally drained?
- Bringing beauty
 - Beauty comes in many forms - joy, laughter, inspiration! Be specific!
- Creating belonging
 - What kinds of relationships are they missing? How are they left out or alone?

We will bless others by _____.

Step Four:

Solution:

- In which of these categories do your gifts cross paths with others' problems? Be super specific!
 - Knowledge
 - Connections to People
 - Skills
 - Stuff
 - Passions

Our solution is to _____.

Step Five:

Put them all together in one idea statement!

Our Idea Statement:

We will bless _____ who face _____, _____ by
_____.

Grab a marker and write out your idea statement on a piece of paper and stick it up on the wall. We're going to come back to it. And now you're going to return back to the video...

Exercise Two:

- Create an avatar
 - Get a large piece of paper and some markers
 - Draw a picture of the people you want to target with your blessing
 - Write a story to describe their lives and the problems they might be facing
 - Identify their Needs and Frustrations
 - Create a list of Helping without Hurting:
 - How might they be sensitive to receiving help or being blessed?
 - How might your good intentions be misinterpreted and cause them to be offended?

Return back to the video and hit play.

Exercise 3:

In this exercise you'll be creating an idea canvas. Get out a large sheet of paper, tag board, cardboard, whatever you have on hand. The idea canvas should include the following sections:

- Idea Statement:
 - Put the idea statement you created in the very center.
- Partners
 - Who might support your idea so that more people can help you bless others, or so you can bless others better than you would alone?
- Activities:
 - What actions do you need to do for it to be successful?
 - In what order do they need to be completed? What comes first/last?
- Resources:
 - What things or stuff do you have to have for your idea to be successful?
- Needs:
 - What needs or frustrations do the people have that you're trying to meet? Take from the avatar you created.
- Feel:
 - How do you want them to feel as a result of your blessing?
 - Pay special attention to the Helping without Hurting section. If you're sharing a burden, how can you do it in a way they won't be embarrassed?
- Connect:

- How will you communicate and connect with others so they can be blessed?
- Money Out:
 - Will it cost anything to do this? How much?
- Money In:
 - Who will pay for the expenses if there are any?
 - If others are contributing, how you can ensure the money is spent well?

If you get stuck or need any extra coaching we'd LOVE for you to reach out to us at imaginex@youthfront.com!

Family Assistance Fund: If you've enjoyed the ImagineX Challenge and you have something extra to share with our friends who are in greater need than we are, you can give directly to those need at youthfront.com/yf_projects/familyassistancefund/

Share what you're doing on your favorite social media platform using the hashtag #imaginexchallenge

Session 5: Writing a Pitch

Exercise 1:

The ImagineX Challenge is a shortened, at-home version of ImagineX, our school campus-based, youth social entrepreneurship program. We want to help you bring ImagineX to your school!

With your action team discuss one of the following ways more young people can be empowered through ImagineX:

- Which school administrators, teachers, parents or other school influencers do we know who might be interested in learning more about ImagineX?
 - Think about those already interested in innovation or social entrepreneurship or look for creative ways to get students to serve others.
- Who might be interested in being a coach for ImagineX to share their knowledge and networks?
- Can we donate money to pay it forward so more youth can be empowered through ImagineX? If not, do we know someone who would be able to?

Email us at imaginex@youthfront.com or donate at youthfront.com/imaginex to donate!

Return back to the video and hit play.

Exercise 2:

Making our pitch:

- Who is our audience?
- How do we want to present it?
 - Video
 - Post on Social Media
 - Live through zoom, phone calls, texting

The 6 P's of a Pitch:

- People
- With a Problem
- Who Cross our Path
- Which Activates a Plan
- That Leads to Positive Results
- With an Invitation to Participate

A Good Pitch = People + Problem + Path + Plan + Positive Results + Participate

People:

- Describe who you intend to target with your blessing.
- Keep out personal details and names unless it clearly makes them look like a hero and they wouldn't be embarrassed.

Problem:

- What are the difficult circumstances they find themselves in right now that would move anyone?
- How are they feeling left out, left without, or lacking beauty, joy and laughter?
- Remember how we wanted to make sure that we helped without hurting? How can you describe their problems in ways that emphasize bad circumstances rather than bad character or bad choices?
 - An easy test? If you were in their shoes, would you be happy to have others talk about you in this way?
 - Does it avoid stereotypes?

Path:

- What is your relationship with them? Why was your action team moved to bless them?
- How do your unique gifts cross paths with their problems?

Plan:

- The plan tells others exactly what you will DO.
- Your first sentence will be some version of your idea statement.
- For the rest of the Plan section, refer back to the idea canvas you wrote. Take the essential highlights from the *activities*, *resources*, and *connect* categories.

Positive Results:

- Describe the impact you intend to have by blessing them. Be specific.
- If it is helpful, how was a worse situation avoided because of this blessing?

Invitation to Participate:

- Make a clear ask. What are you inviting them to join? Give clear instructions of the steps you want them to take:
 - Sharing your beautiful, funny, or inspiring creation on social media?
 - Sharing the burdens with others by donating money or goods?
 - Joining you in making someone feel less alone?

Share it with us! Even if no one else sees what you've done, we want to celebrate it and commission you to go do it. Secondly, we can give you helpful feedback before you begin. It's always better to get some outside perspective and since we've worked with lots of creative young people doing amazing things, we can spot things that are easy to miss. Email us at imaginex@youthfront.com to send us your video or to schedule a live Zoom pitch!

Thanks so much for joining us for the ImagineX Challenge! Share your ideas and inspire others using #imaginexchallenge on your preferred social media platform!

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