

Young Carers Action Day 2024

RESOURCE PACK



13th March 2024
FAIR FUTURES FOR
YOUNG CARERS

**CARERS
TRUST**

Young Carers Action Day raises awareness about Young Carers and Young Adult Carers, the challenges they face and the support they need.

This resource pack is to help you build this theme into your lessons so Young Carers and their friends can take action on the issues that are important to them for #YoungCarersActionDay.

WHO AM I?

Listen to this moving poem created by young carers from across the UK who wanted to share a bit about what life can be like for them.

After listening the poem ask pupils to consider:

PLAY

Suited for KS2 & KS3

What skills do you think Young Carers have?

What challenges do you think Young Carers may experience?

What could you do to support a friend who is a Young Carer?



FAIR FUTURES

The theme of Young Carers Action Day 2024 is Fairer Futures for Young Carers.

What could you do to make sure their future is fairer?

How can you help them to reach their goals?

**MY PLEDGE FOR
YOUNG CARERS FAIRER FUTURES**

FUTURES ACTIVITY

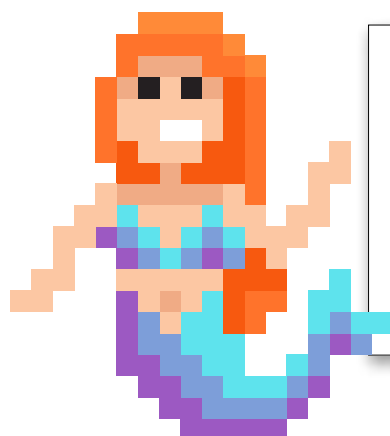
Decorate and cut out the arm band to wear to show your support for fairer futures for Young Carers

★
YOUNG CARERS
ACTION DAY 2024
★

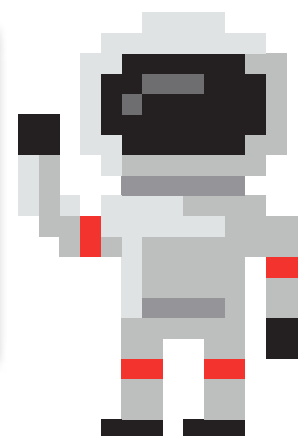


WORDSEARCH

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



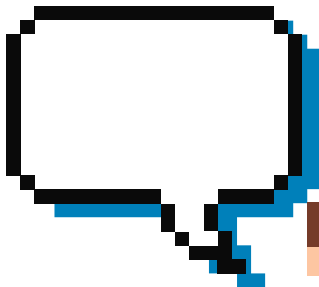
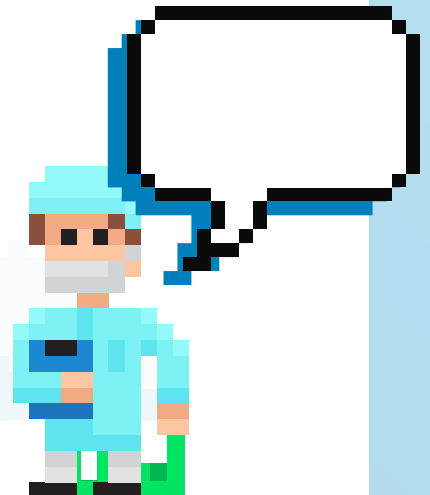
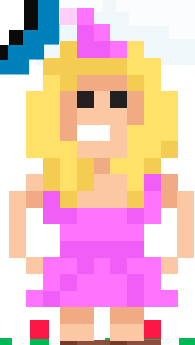
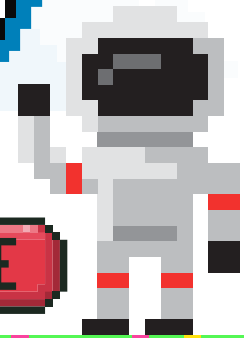
Caring	Kind
Listener	Time
Understanding	Thoughtful
Patient	Love
Young Carers	Helpful



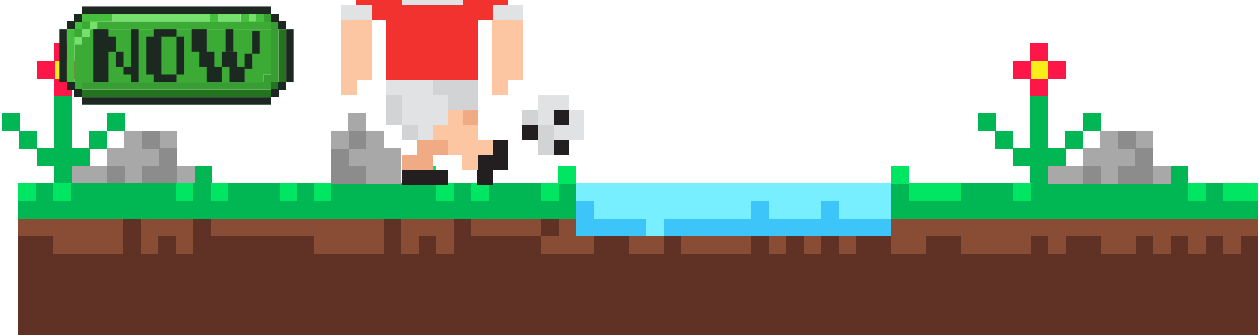
MY FUTURE, MY DREAM

WHAT IS YOUR DREAM FOR THE FUTURE?
Write down your dream on the FUTURE at the top.
Now write/draw on each level what you and others
can do to help you reach your goal.

FUTURE



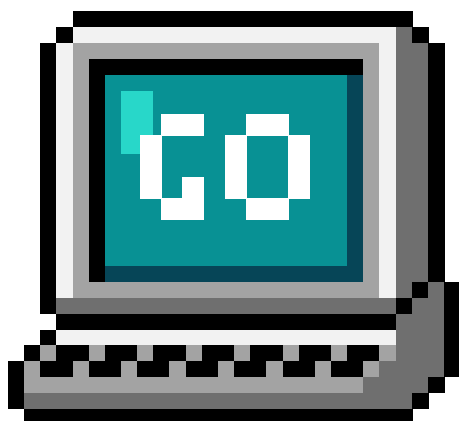
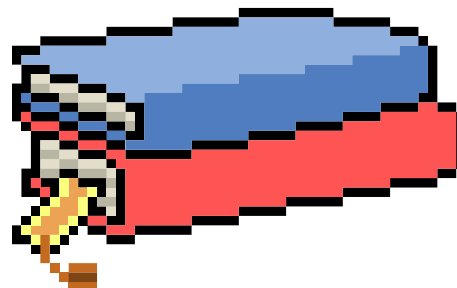
NOW



RESOURCES

To develop pupils understanding of Young Carers, LoveReading have collated a list of 15 books which feature Young Carers. Check them out and why not read them with your class.

CLICK THE BOOKS TO FIND OUT MORE



Our website is full of helpful information. Visit our Helpful Resources section for information, posters, videos and more to help support your Young Carers.

TO VISIT CLICK THE COMPUTER

The Carers Trust have created a range of resources for Young Carers Action Day 2024.

CLICK THE IMAGE TO VIEW



Your feedback is really important to us. If you could spare a few moments to complete this survey to help us understand how our resource packs are used it would be great.

CLICK OR SCAN THE QR CODE TO COMPLETE THE SURVEY.