

Sustainable People

Objective:

Participants will create a visual example of what it means to live a sustainable lifestyle.

Set Up and Materials:

- Large pieces of paper (butcher paper or newsprint works best)
- Scissors, colored paper, glue
- Markers or crayons

Activity Instruction:

Engage in a conversation about sustainable living. Discuss that living sustainably means that we live in a way that is healthy for us, our neighbors, and our environment. It means that we take action to make the world a more peaceful and fair place. We commit to live sustainably by creating images of ourselves and describing ways that we can live sustainably on our self-portraits.

Participants help trace each others' bodies on the paper and cut them out. Participants should write their name on the chest of their cut-out and add any other details they want to personalize it.

Try this!

If you don't have large enough paper, use washable sidewalk chalk and have participants trace each other on sidewalk outside or carpet or flooring inside!

Participants draw or write ways they can live sustainably on their cut-out person, or write ideas on colored pieces of paper and glue them on their cut-out. For example:

- On a hand, write, "I will turn off the water while I am brushing my teeth."
- On the mouth, write, "I will tell other people about Outreach International," or "I will use kind words with my friends."
- On a hand, write, "I will write a letter to my government representative encouraging them to make laws that help needy people."
- On a leg, write, "I will walk or ride my bike when I can instead of driving a car that creates pollution."

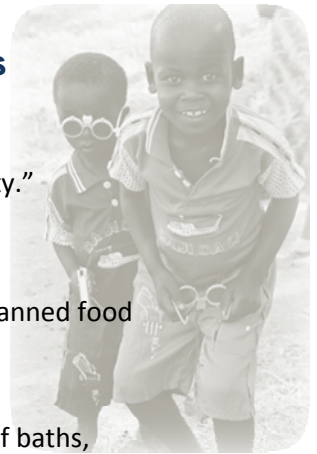


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Activities



- On a leg, write, “I will participate in a walk-a-thon and raise money for a local charity.”
- On the heart, write, “I will love my neighbors and pray for people in poverty.”
- On the brain, write, “I will research poverty and learn about what I can do to help.”
- On the stomach, write, “I will try not to waste food in the future,” or “I will hold a canned food drive at my school,” or “I will sample foods from cultures other than my own.”
- On the pocket, write, “I will buy Fair Trade products.”
- Other ideas: Turning off the lights when leaving the room, taking showers instead of baths, turning down the heat in the winter and wearing more clothes, buying organic produce, etc.
- Participants may also draw symbols, e.g. a peace sign, a heart, a smiley face.

When all the sustainable people are decorated, tape them up to a wall as a mural. Encourage the participants to live up to their commitments.



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