

SIMPLICITY CHALLENGE

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OBJECTIVE // To challenge participants to reduce environmentally-harmful practices

TIME // Ongoing throughout entire THINKfast, or whole school day

GROUP SIZE // Any

MATERIALS //

- One sheet of Ration Cards for each participant. (Feel free to write your own ideas in the blanks spaces!)
- For smaller groups, an extra challenge could be to provide one sheet of Ration Cards for the entire group!

PREPARATION // Print the required number of Ration Card Sheets for your group. Cut out the cards, and keep them together as a 'package' for each participant (or group).

Adapt the Ration Card according to the needs of your event:

- Blank squares can be used to write new ideas.
- Remove extras (such as toilet flush) if you have a shorter event.

ACTIVITY GUIDE

STEP 1 // At the beginning of your THINKfast, hand each participant their package of Ration Cards. (Or assemble the group and give the cards to one person. Participants will ask this person for cards as they need them, and this person will consult with others to decide whether to use a card.)

STEP 2 // Explain to participants the purpose of these Ration Cards.

In order to complete the act that is listed on the card, you must first give the organizer the Ration Card. Once you have relinquished your card, you may no longer engage in that activity for the rest of the THINKfast. So use your cards wisely!

Remind participants that they are on their honour not to cheat!

It may also be helpful to prepare students for longer events by providing a few hints, for example:

- If you plan on watching a movie, participants will need to pool their 'plug in one electronic device for 20 minutes' to ensure the whole movie can be watched.



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ACTIVITY TIPS

- *For the 'Throwing an object in the garbage can,' card, it may be useful to keep only one centralized garbage can available to participants (where it can be monitored). NOTE: This includes throwing out paper towels in washrooms. As an organizer, you can provide alternative ways of drying hands (towels, if blow dryers are not available), and ensure participants are aware of it.*
- *To make the 'Turn on a light for 10 minutes' card more challenging, begin with as many lights are turned off around the building as possible. (And be sure all lights are turned off after 10 minutes!)*

POST-ACTIVITY DISCUSSION (OPTIONAL)//

Lead a discussion with participants, using the following prompts:

- Did they find difficult to only engage in the activities to the degree their Ration Cards allowed them?
- Which activities were most difficult to ration?
- How can we ration these activities in the future, without the cards to remind us?



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RATION CARDS (For Duplication)



Throw one item in
the garbage can

Turn on one light
switch, for 10
minutes.

Turn on one light switch,
for 10 minutes.

Plug in one electronic
device for 20 minutes

Change of clothes
(old clothes need to
be washed)

Use of new sheet of
paper

Flush a toilet

Flush a toilet

Flush a toilet

