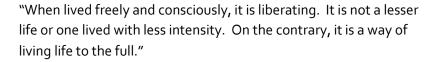# EnviroLent Challenge 2023

At home can you try to carry out one simple action each day during Lent to help our planet?

Pope Francis : Laudato Si

"We need to take up an ancient lesson, found in different religious traditions and also in the Bible. It is the conviction that "less is more".

"When lived freely and consciously, it is liberating. It is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			22 Feb Plant a seed and enjoy watching it grow during Lent.	23 Feb Go for a very slow walk and take time to appreciate the beauty around you.	24 Feb Do something creative today for one hour instead of spending it watching tv or playing on a computer device. You will then use less electricity.	25 Feb Tidy your room and give away possessions that someone else could use. It might be a toy or a book.
26 Feb	27 Feb Try making a reusable bag from an old t-shirt today.	28 Feb Take several deep breaths and thank God for the miracle of creation that you are!	1 March Try having one day without any snacks between meals. You will appreciate your meals more and produce less waste.	2 March Reflect on Oscar Romero's advice, 'Aspire not to have more but to be more'. What does this mean to you? Could you write a prayer to express this?	3 March Volunteer some time to help someone else.	4 March Try playing a board game with your family or a card game independently rather than watching a screen.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Mar	6 Mar Look through some old photographs and remind yourself just how much you love your family and how important other people are.	7 Mar Can you reduce the time you spend in the shower today? Set a timer.	8 Mar Pray and give thanks to God for our beautiful world.	9 Mar Reuse some recycling to make something useful, for example, a toy or some storage.	10 Mar Could you agree with your family to have a meat-free Friday today?	11 Mar Ask your parent if you can buy one extra item when shopping to donate to the local food bank.
12 Mar	13 Mar Do not leave the tap running when you are brushing your teeth.	14 Mar Feed the birds with any suitable leftovers (unsalted bacon, fats, a few breadcrumbs, cheese, open baked potatoes, dried fruit, apples, pears, pastry)	15 Mar Try turning the heating down a little today or running it for a shorter amount of time.	16 Mar Go for a walk and really pay attention to the beautiful flowers you can find. Maybe you can take a few photos.	17 Mar Create a space at home for prayer and contemplation.	18 Mar Could you spend 30 minutes removing litter or weeds from an outside space?
19 Mar	20 Mar Ask your adult to wash your clothes at 30 degrees or less.	21 Mar Ask your adult to unplug electrical items in your house that are not in use.	22 Mar Look for caterpillars and butterflies today. Will you be lucky enough to find any?	23 Mar Wash up instead of using the dishwasher today. Can you your help your grown-ups to do this?	24 Mar Swap at least one item in your shopping for a Fairtrade item.	25 Mar Make a bird feeder for your garden or for outside a window and watch for birds.
26 Mar	27 Mar Ask your adult to fill the kettle only with the water they need.	28 Mar Check your wardrobe for any clothes you may have outgrown. Put them in a clothing bank or pass them on to someone who could wear them.	29 Mar Can you plan to buy something from local store not a supermarket?	30 Mar Look for mini beasts and creatures and appreciate how incredible they are.	31 Mar Today, think about only washing your clothes if they are dirty. Could you wear them again?	1 Apr Go to the park and have fun in the beautiful outdoors.
2 Apr	3 Apr Can you make a bee hotel or bug house?	4 Apr Can you walk somewhere today when you would usually drive? If you are not going out today, plan this for a future journey.	5 Apr Find a quiet place to sit and enjoy nature for at least ten minutes.	6 Apr Turn off lights in empty rooms.	7 Apr With an adult, could you light candles in a room instead of using electricity tonight and spend some time in candlelight?	8 Apr Take a walk with an adult to the canal or another place where you can feed the ducks.