



## Connecting Experience Eco Challenge!

AGE GROUP

11+

AMOUNT OF PEOPLE

3+

TIME

1 MONTH

OBJECTIVE

To learn to consume differently.

MATERIAL

n/a



### Instructions

As a group, challenge yourself to do a eco-friendly change in habit for at least a month.

For example: no plastic, no brand new clothes, no fast food, no meat etc.

Keep track of your progress with photos or in writing.

Get creative! And share this experience online.

### Debriefing:

- ▶ How did your feelings change throughout the challenge? Was it difficult to stick to your change?
- ▶ Did you make any exceptions? Why?
- ▶ What can you do to help yourself keep up this new eco-friendly habit?



CONNECTING EXPERIENCE PAGE  
<https://ej2020.org/connecting-experience/>

HOST ORGANISATION



OFFICIAL EVENT



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