

ENVIROLENT: REDUCE

Think about how you can reduce the things you use all year round to help us all to protect our planet.

What could you pledge to use less of? Here are just a few ideas.



REDUCE ELECTRICITY

Simple acts add up. Make sure that when you leave a room you turn off the lights and don't leave your computer or video console on standby.



REDUCE WATER

Don't waste water. When you're brushing your teeth, don't leave the tap running. It's also important to understand why water is so important and how much of it our daily tasks use.



REDUCE STUFF

Do you ever buy clothes or things you don't need? Clothes go on a long journey before they get to our shops. Before you make that next purchase, think about whether you could go without, or buy it second-hand.



REDUCE PLASTIC

We can all try to reduce the amount of plastic we use. Whether it's bottles, straws, toothbrushes or technology, you can play your part in reducing the amount of single use plastic in the world.

THINK ABOUT IT

WHAT CAN YOU DO?

Find some facts about how much energy you can save by switching the lights off, by turning the tap off when brushing your teeth, about phantom energy use and reducing the amount of plastic you use.

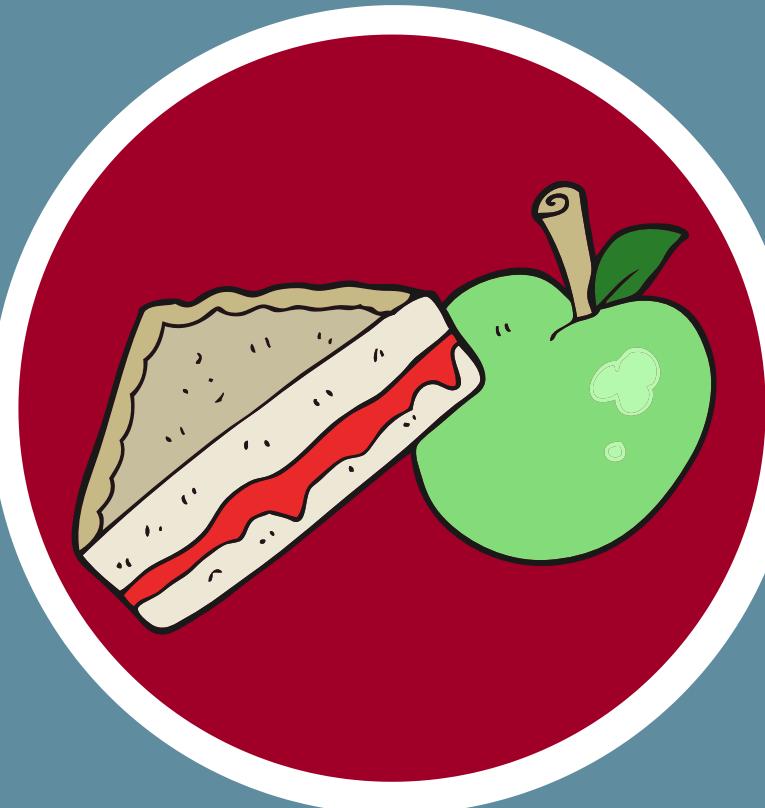


Present these facts to members of your family, friends or school community. You may want to include these and other facts in a poster or video to encourage us all to think about the amount of energy they use.

You may want to email your poster to the Laudato Si Team (Emma and Steve) laudatosi@dioceseofsalford.org.uk

Choose one thing you can reduce and try to do this through the season of Lent. You may be able to continue with this after Lent!

ENVIROLENT: RECYCLE



RECYCLE: LEARN

Learning about where products come from and how we dispose of them we have finished with them is important. Do members of your family, friends recycle everything correctly? Do your friends and family follow your local authority recycling rules?

RECYCLE: AT LUNCH

Think about how much waste your lunch produces. Tin foil and cling film all go to waste. Could you carry your food in a sustainable lunch box? What do you do with the food waste that is left over? Which recycling bin do you put it in?

RECYCLE: MEND

Do I always need to buy new? Encourage family and friends to repair broken items and reuse items where possible. If something cannot be repaired does everyone know how to recycle the items correctly?

FOCUS ON RECYCLING

Check everybody in your house is recycling correctly: using the correct bins and washing and drying plastic and glass items before putting them in the bin.

Maybe you could make short video or poster to remind people of the correct rules for recycling.

Could you have a week of zero waste lunches or plastic free lunches? Keep a diary of the packaging in your lunch box and what you can and cannot recycle. Challenge your family, friends, classmates to weigh the waste (anything that cannot be recycled) from their lunches each day. Can anyone achieve zero waste?

You may want to email posters, videos or pictures of your recycling achievements to the Laudato Si Team (Emma and Steve) laudatosi@dioceseofsalford.org.uk



ALL OF US CAN CO-OPERATE AS INSTRUMENTS OF
GOD FOR THE CARE OF CREATION.

POPE FRANCIS

ENVIROLENT: REWILD

We have all become more aware of the importance of green spaces over the last year, we know the importance they play in helping both our physical and mental health.



COMPOST YOUR WASTE

It's good for your garden and for the environment, helping to feed microorganisms and save water. You can compost all sorts of things to stop them going to landfill.



COUNT SOME INSECTS

Simply count the amount of birds, butterflies or bugs you see in your school field or back garden and create your own research project which you can send to scientists.



PLANT FLOWERS

Flowers are not only pretty to look at, they serve a very important purpose in our world - helping air and soil quality which helps all of the insects and wildlife in our world.



PLAY YOUR PART

WHAT YOU CAN DO FROM HOME OR SCHOOL

Why not try to make compost in a bottle (check with an adult first). Find out what makes a good compost recipe and write it out - it could go into a promotional poster to explain the benefits of composting!

Why not make a bug hotel. Check with an adult - you may want to build one in school or in a green space in your locality. There are lots of ideas on the Internet. Talk with an adult about ideas for planting flowers a green space - this could be at home or at school. Plan the type of plants and flowers that will encourage pollinators.

Remember to email pictures of your composting bottles, recipes or plant and garden ideas to the Laudato Si Team (Emma and Steve) laudatosi@dioceseofsalford.org.uk The team may be able to use some of your ideas in the walled garden at the Laudato Si Centre!

DID YOU KNOW?

One in three mouthfuls of food we eat is dependent on pollination.

ENVIROLENT: RECLAIM

To reclaim something is to take something back. We are hopeful that if everybody plays a part, we can reclaim our planet securing a happy, healthy future for ourselves, for our future generations and for all of Creation. Together, we share the earth, Our Common Home, and we pray we can learn to not take too much from it and how to live harmoniously alongside one another.



RECLAIM YOUR VOICE

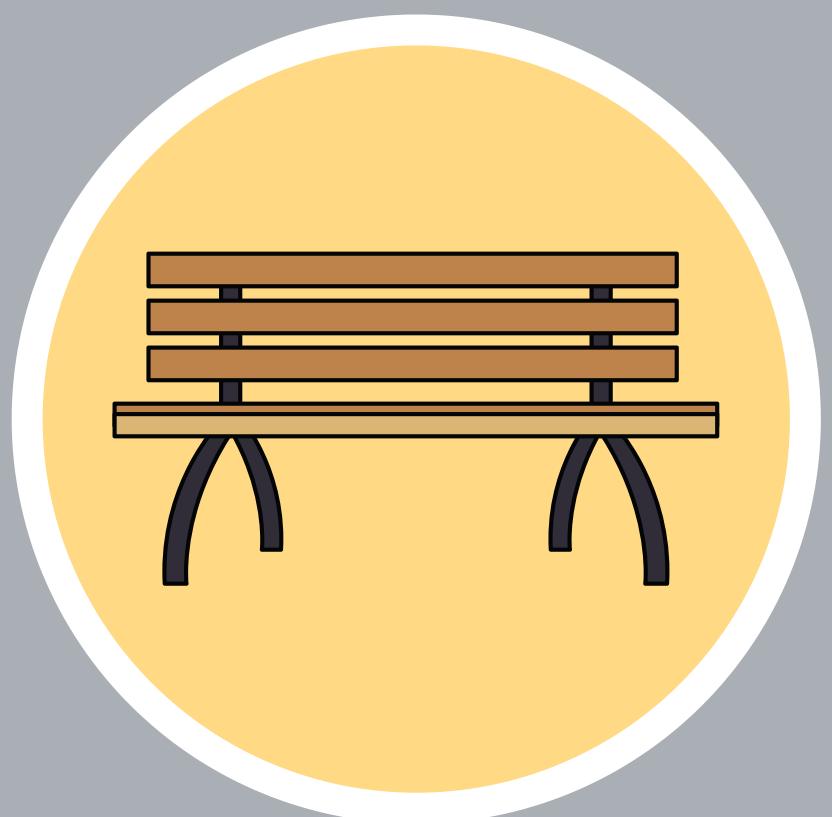
Throughout Lent, you've learnt lots of different ways that you can get involved with protecting our common home.

Why not start a conversation with a parent, guardian, friend or teacher about how they can play their own part?



RECLAIM TIME FOR PRAYER

Throughout this series there has been a lot of focus on taking action, but it's important that we take time to look at our own lives, rooting our efforts in prayer. You can pray our diocesan prayer which you can find as part of this pack.



RECLAIM YOUR GREEN SPACES

Find somewhere nice to sit and appreciate the things that are around us. Maybe you could walk to school, go for a walk with a trusted adult or spend your lunchtime noticing the beauty we have all around us as you play.

BECAUSE ALL CREATURES ARE CONNECTED, EACH MUST BE CHERISHED WITH LOVE AND RESPECT, FOR ALL OF US AS LIVING CREATURES ARE DEPENDENT ON ONE ANOTHER

POPE FRANCIS

REDUCE • RECYCLE • REWILD• RECLAIM

A PRAYER FOR OUR COMMON HOME

All powerful God,
you created all things,
and you are present throughout the universe
and in every creature,
You embrace with your tender love all that exists.

Pour out upon us the power of your love,
so that we may have the strength and courage
to protect all life and the beauty of our world,
preserving it from pollution and destruction.

Fill us with your peace, that we may live
as brothers and sisters, harming no one,
And caring for the Earth, our common home.

Teach us to discover the worth of every creature on this earth,
Let us protect those at risk and in danger,
Encourage us as we seek justice, love and peace.
Stay with us each day, with the power of your grace.

Through Christ our Lord
Amen

