

## LIVING SIMPLY ART ACTIVITY

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**OBJECTIVE //** To have participants depict the connection between our lifestyles and their environmental impacts

**TIME //** 1–2 hours

**GROUP SIZE //** Any

**MATERIALS //**

- Paper, canvas or solid surfaces (sturdy recycled cardboard) for base if doing a 3D scene (a sufficient quantity for each participant)
- Markers, pencil crayons, crayons, and/or paint, or recycled materials to make a 3D scene

### ACTIVITY GUIDE

**STEP 1 //** Explain the activity to participants, showing them the sample template (see next page) reproduced on a board, or on paper visible to all:

*There are many things that we can do right here in Canada to make our world a healthy home for everyone – even for people who live on the other side of the world! One easy way to do this is to live more simply every day. This could mean using fewer resources, or choosing to use resources that take less from the earth. Think of how you can commit to living more simply in one aspect of your daily life.*

*Following the model provided, first draw yourself (and/or your friends, family and community) engaging in this activity and the effect that it has on the environment. Next, draw yourself (and others) engaging in a more eco-friendly version of this activity, and the effect it has on the environment. For example, in the first space draw a picture of yourself riding in a car surrounded by smog. (Most cars use gas made from petroleum that comes from the Earth, and puts harmful emissions into the sky!) In the second space draw a picture of yourself riding a bike under a clear sky.*

**STEP 2 //** Provide participants with the materials that they need, and give them about 30-60 minutes to create their masterpieces.

**STEP 3//** Ask participants to share their drawings with the rest of the group. Tell them to share which part of their life that they have chosen to simplify, and how they hope that it will make the Earth healthier for everyone around the world!

*Optional: Ask them to sign their artwork in front of the group, as a symbol that they will commit to simplifying their lives and helping the world in this way.*



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CARITAS CANADA

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# AWARENESS ACTIVITY

## LIVING SIMPLY ART ACTIVITY

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SAMPLE OF 'LIVING SIMPLY ART TEMPLATE:'

<p>Instead of taking from the earth by _____ _____ _____</p>	<p>I will live SIMPLY by _____ _____ _____</p>
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Signed: \_\_\_\_\_