

LiveSimply secondary school action ideas

To apply for the **LiveSimply** award, your school needs to commit to one substantial and at least two smaller actions in each of these categories: living simply, sustainably and in solidarity.

Here are some ideas to inspire and encourage your **LiveSimply** journey at school.

Reflection and worship

- Use CAFOD's *Laudato Si'* animation to learn about caring for the earth, our common home: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Laudato-Si-resources>
- Hold collective worship outdoors, using CAFOD liturgies such as Care of creation vigil: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Liturgies-for-young-people>
- Create an outdoor space for prayer and contemplation. Use CAFOD's prayer resources: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Prayers-for-young-people>
- Celebrate the Day of Prayer for the Care of Creation on 1 September.
- Celebrate the feast of St Francis, patron saint of the environment, on 4 October: <https://cafod.org.uk/content/download/52997/739356/version/1/file/CAFOD%20Canticle%20of%20the%20Sun.ppt>
<https://cafod.org.uk/Education/Secondary-and-youth-resources/Prayers-for-young-people/Saints-prayer-cards>
- Use CAFOD's 'A prayer for our earth' reflection: <https://cafod.org.uk/content/download/53011/739434/version/1/file/Pope%20Francis%20prayer%20for%20Earth.pptx>
- Use the CAFOD Advent calendar for daily prayers and actions: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Young-people-s-Advent-calendar>
- Introduce a minute of silence at the start of every lesson, for prayer, reflection and simply to "be".



Learning about the world

- Watch our 'What is CAFOD' film to learn about CAFOD's work around the world: <https://cafod.org.uk/Education/Secondary-and-youth-resources/CAFOD-homework-help>
- Encourage young people in all year groups to learn about CAFOD in an assembly: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Secondary-school-assemblies>
- Watch CAFOD's '*Fratelli Tutti*' national assembly to find out about Pope Francis' encyclical and his call to us all to live as global brothers and sisters: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Secondary-school-assemblies/Fratelli-Tutti-secondary>
- Use CAFOD's '*Fratelli Tutti*' animation in lessons to understand that we are all a global family. Download pledge cards: <https://cafod.org.uk/Education/Fratelli-Tutti-for-schools>



- Play the CAFOD 'Climate Action Game' to learn about climate issues around the world: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Games/Climate-action-game>
- Meet the 'Changemakers of Peru' and order interactive posters, download the Zappar app, and set up a display at school to show how children around the world are taking care of the environment: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Changemakers-in-Peru>
- Play some of the many global games on CAFOD's website: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Games>



Practical action

- Set up a global justice club at your school. Use these workshops as a fun way to introduce global learning: <https://cafod.org.uk/Education/For-young-people/Your-CAFOD-group/Youthwork-sessions>
- Use CAFOD's pupil-led collective worship resources to help young people create 'Going Forth' tasks linked to caring for their environment and praying for our common home: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Secondary-collective-worship>
- Hold a 'Walk or cycle to school' day.
- Encourage young people to make their own **LiveSimply** pledges to reduce waste and save energy. At the CAFOD shop, you can order free 'Aspire not to have more but to be more' postcards to use for the pledges. Set up a display of the pledges in school: <https://shop.cafod.org.uk/collections/frontpage/products/aspire-postcard-1>
- Create an outdoor space for a vegetable garden to grow and eat fresh food. If you already have a garden, think about selling produce to raise money for CAFOD.
- Find out about Fairtrade and check whether your school uses Fairtrade products: <https://cafod.org.uk/Education/Education-resources/Fairtrade-school-resources>
- Set monthly challenges to live simply, sustainably and in solidarity. Eg September: I will live simply by praying, October: I will live sustainably by walking or cycling to school, November: I will live in solidarity by finding out about CAFOD World Gifts etc.
- Include ideas for living simply in school newsletters and social media.
- Organise a litter-picking walk around the school grounds.
- Encourage the School Council to do a survey around school to investigate how sustainable your school building and community are, then speak to school governors about the findings and about ways forward.



Reaching out

- Have a meat free day each week and use a CAFOD collection box to donate any money saved. Order collection boxes on the CAFOD shop: <https://shop.cafod.org.uk/collections/frontpage/products/schools-collection-box>
- Join CAFOD's 'Brighten Up' fundraiser at Harvest time and share pictures of your events in school newsletters and on your Twitter feed, tagging @CAFODSchools: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Harvest-resources-young-people>
- Join CAFOD's Lent fundraiser. Plan a sponsored walk to support communities that CAFOD works with around the world: <https://cafod.org.uk/Education/Secondary-and-youth-resources/Lent-resources-young-people>
- Find out whether CAFOD has a current campaign that your school could join: <https://cafod.org.uk/Education/For-young-people>



- Set up a virtual World Gifts village at your school and fundraise for life-changing gifts around the world <https://worldgifts.cafod.org.uk/>
- Encourage your global justice club to set up a fundraiser for CAFOD. See the A to Z of Fundraising ideas: <https://cafod.org.uk/Fundraise/A-Z-of-fundraising-ideas>
- Encourage young people to speak in the parish about Lent or Harvest Family Fast Day to encourage people to donate to CAFOD, using CAFOD's resources and short talk.
- Ask young people to make posters to put up in your school or parish to promote involvement in a CAFOD fundraiser. Find fundraising tools here: <https://cafod.org.uk/Fundraise/School-fundraising>



LiveSimply prayer

Loving God,
you created the world
for us all to share,
a world of beauty and plenty.
Create in us a desire to live simply, so we can see your generosity.
You gave us responsibility for the earth,
a world of riches and delight.
Help us to live sustainably, so that those
who follow us may enjoy the fruits of your creation.
Help us to act in solidarity with all our brothers and
sisters so that we help to create a fairer world.
Amen